



CARROT TOP PESTO

Who knew! This was an amazing discovery and no food waste. Wash the carrot top greens well and add to the blender with toasted nuts or seeds , olive oil, nutritional yeast and salt / pepper.

Pesto is personal , you can add more garlic / use less garlic and the same with olive oil . But IT IS GOOD !!!

Serve as a dressing with salads or meals . Stores in the fridge for a few days if it lasts that long !

- Bunch of Carrot top greens
- 50g Mixed Nuts or seeds toasted
- 1 – 2 tbsp Olive Oil
- 1 Clove Garlic
- 2 tbsp nutritional yeast
- Sea Salt
- Black Pepper