

## Dairy-Free Nettle Pesto

Modified from [www.liverightbehealthy.blogspot.com](http://www.liverightbehealthy.blogspot.com)

### INGREDIENTS:

- 1 cup nettle leaves
- ½ cup of nuts (almonds, walnuts, or pine nuts)
- 2-3 garlic cloves
- ⅓ tsp salt
- ¼ tsp pepper
- ¼ cup melted coconut oil
- 2-4 Tablespoons olive oil
- 2-3 Tablespoons lemon juice (optional)
- ½ cup of vegan parmesan or Romano cheese (optional)

### PREPARATION:

Place all ingredients in a food processor and blend until creamy. Store in the refrigerator.

### NOTES FROM THE COOK: