Pesto is an Italian sauce traditionally made from garlic, basil, pine nuts, olive oil, salt and parmesan cheese.  Pesto can easily be made vegan by simply replacing the parmesan cheese with nutritional yeast or another cheese-like plant food such as tofu flavored with miso. If you love pesto, you are sure to love this recipe.

**Ingredients:**

* 2 Cups Basil (tightly packed)
* ½ Cup Pine Nuts
* 3 Cloves Garlic
* ½ Cup Olive Oil
* ¼  Cup Nutritional Yeast
* 1 Tablespoon Lemon Juice
* 1 Teaspoon Salt
* Pepper (to taste)

First toast the pine nuts in a skillet until they are lightly browned. It will take about 5 minutes on medium heat, flipping consistently. Then add the pine nuts, garlic, nutritional yeast, and basil to a food processor and begin blending on low speed. Slowly add the oil and pulse until creamy. Then add the lemon juice and pulse again.

Serve on pasta, spread on sandwiches, drizzle over roasted vegetables or bake into bread. Top with fresh ground pepper. This pesto sauce can spice up almost any dish. For an extra touch, top the dish with sun dried tomatoes—they pair beautifully with pesto.

*Note: Raw pine nuts can be pricey, but you should be a be able to find the best price by looking in the bulk section of your natural foods store.*

A delicious, creamy vegan basil pesto. Nutritional yeast and white miso mimic the salty, cheesy flavour of Parmesan while cashews + hemp seeds replace the typically expensive pine nuts.

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Recipe type: Sauces, Dips

Cuisine: Vegan

Serves: ⅔ cup

Ingredients

* ½ cup basil leaves, packed
* ¼ cup raw cashews
* 1 clove garlic
* ¼ tsp sea salt
* ½ tsp shiro (white) miso
* 2 tbsp nutritional yeast
* 2 tbsp hulled hemp seeds
* 3 tbsp olive oil
* 3 tbsp water

Instructions

1. In a food processor, pulse basil, cashews, garlic, and salt, until cashews are finely chopped and evenly textured.
2. Add the miso, nutritional yeast, and hemp seeds. Pulse until combined.
3. While the processor is running, very slowly pour in the olive oil, followed by the water.
4. To prevent oxidation, spoon pesto into a small jar and top with a thin layer of olive oil. As you use the pesto you can stir the oil in, or discard/reserve for later.