

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Macadamia Pesto

Ingredients

¼ cup of pine nuts

20g of macadamia nuts

1 ½ cups of fresh basil leaves

2 garlic cloves

60 g shredded Parmesan

5 tbs of olive oil

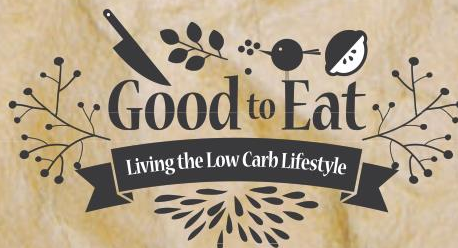
1/4 tsp of

salt

(optional)

Method

1. Preheat oven to 180 degrees C.
2. Roast pine nuts in oven for 3 minutes (watch them as they can burn easily).
3. Combine all ingredients in a food processor or equivalent.
4. Spoon into jar and refrigerate.



Preparation Time: 10 minutes

Cooking Time: 5 minutes

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Makes 1 large jar

For more recipes and information on living the low carbohydrate lifestyle find us at:

www.goodtoeat.com.au