

FROM THE KITCHEN OF RAKI KOPERNICK

# Sunflower Kale Pesto

## INGREDIENTS

- 1 bunch of kale
- 1/2 cup sunflower seeds-
- 1- 2 tsp turmeric powder
- 2-4 cloves of garlic
- juice of 1 lemon or lime
- 1/4 cup olive oil and/or coconut oil
- pinch of salt and pepper
- Any other spices you like to use

## METHOD

1. Loosely chop up greens and place in a food processor. Pulse or run for a few seconds.
2. Add seed/nuts and again pulse or run for a few seconds until things start to look combined and mealy.
3. Add the rest of the ingredients and run for about 10 seconds. Using a rubber spatula, scrape the sides of the container and run again for 5-10 second.
4. Add more oil if it feels too thick. I like the consistency to be pasty so I can spread it, like peanut butter. It can be as chunky or as creamy and you prefer.
5. Store pesto in a mason jar in the fridge and label it with the date. It will likely last for about 3 weeks.



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