

NOURISHING GREEN SAUCE

In a blender or food processor, combine:

- 2/3 C olive oil
- 2 garlic cloves
- 1/4 C fresh basil leaves
- 4-6 mint leaves
- a small handful of fresh cilantro
- 1 TBS sunflower seeds or pine nuts
- 1 small piece of scallion (about 2 inches from the end of the scallion)
- lemon zest from half a lemon
- juice of 1/2 a lemon
- 1 TBS apple cider vinegar
- 1/2 tsp honey (or 1 tsp coconut sugar if you're not eating honey)
- pinch of red pepper flakes
- salt and pepper to taste (start with 1/4 tsp each)

Blend it all up and add salt to taste and serve with salad, veggies, fish, chicken, whatever!! It stores well in the fridge for up to 5 days

