

# KALE PESTO RECIPE

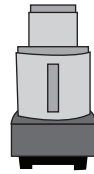
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## things YOU need:

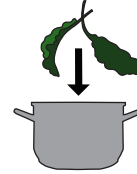
- 1/2 C. nuts (any will do)
- 4-6 cloves of garlic
- 1/4-1/2 C. extra virgin olive oil
- juice from 1/2 a lemon
- 1 bunch kale (local & organic)
- 1/2 C. ground parmesan
- food processor
- pot for blanching kale
- salt & pepper



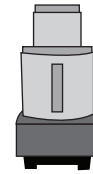
*chop chop*



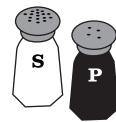
*chop chop*



*blanch kale*



*chop chop*



*add to taste*

# EAT

*DO IT YOURSELF*

**FLIP OVER** →