



Wild Spring Greens Pesto

A simple, healthy and vegan recipe for all those delicious & nutrient packed spring herbs!

Some examples of great herbs to include are: Wild Garlic, Few Flowered Leek, Ground Elder, Dandelion Leaves, Chickweed and Sticky Willies.

Ingredients:

Makes 1 small jar of pesto

- 2 to 3 cloves of garlic
- 3 cups of wild greens of your choice - about 1 small bunch
- 80g nuts or seeds of your choice
- 2 tbsp lemon juice
- Sea salt to taste
- Ground pepper to taste
- 60ml of olive oil
- A mortar and pestle, knives & chopping boards, or a food processor



Instructions:

1. Peel and finely chop the garlic cloves
2. Mince the garlic in your mortar and pestle or food processor.
3. Add the greens, nuts and seeds, lemon juice, salt and pepper and process until the pesto reaches your desired consistency.
4. Taste and then add more lemon, salt or pepper as necessary
5. Store in a jar in the fridge or eat straight away!