

## Pumpkin Seed Cilantro Pesto

This amazing pesto combines protein-rich pumpkin seeds and liver detoxifying cilantro into a delicious pesto that can be used as a dip for vegetables or a sauce for spaghetti squash.

Makes approximately 1 cup

### Ingredients

1¼ cups pumpkin seeds  
1 cup packed fresh cilantro (approximately 1 bunch)  
¾ cup baby spinach  
2 cloves garlic  
2 tablespoons fresh lime juice  
2 teaspoons chickpea miso paste (optional)  
¼ cup extra virgin olive oil  
½ teaspoon sea salt  
¼ teaspoon black pepper

### Preparation

1. To toast pumpkin seeds, heat a dry skillet over medium and spread pumpkin seeds evenly in the pan. Heat seeds for 2-3 minutes until they become fragrant and begin to pop.
2. In the bowl of a food processor, combine pumpkin seeds, cilantro, spinach, garlic, lime juice, miso, oil, salt, and pepper and process until smooth. Thin with additional oil, if desired.

**Cook's notes:** Try parsley in place of cilantro, if desired. Sunflower seeds make a delicious substitution for pumpkin seeds.

Chickpea miso adds the savory umami flavor usually created by Parmesan cheese traditionally found in most pesto recipes.

To freeze, scoop into a freezable container leaving 1 inch of space at the top to allow pesto to expand as it freezes.

**Labels:** Gluten-free, Dairy-free, Vegan, Paleo, 30 minutes or less