****

**Super Power Pesto**

Directions

1. Pulse the kale, parsley, olive oil, salt, garlic, and lemon juice in a food processor until smooth.
2. Add the sunflower seeds and cheese. Pulse until seeds are ground to desired consistency.
3. Serve with pizza, pasta, crackers, eggs, salads, veggies, sandwiches, etc.

Ingredients

* 2 cups torn kale (no stems)
* ½ cup parsley
* ½ cup olive oil
* ¼ teaspoon salt (more to taste)
* 1 clove garlic
* Juice of one lemon
* 1/3 cup sunflower seeds
* 1/3 cup parmesan cheese (optional)

Recipe adapted from Pinch of Yum

****

**Super Power Pesto**

Ingredients

* 2 cups torn kale (no stems)
* ½ cup parsley
* ½ cup olive oil
* ¼ teaspoon salt (more to taste)
* 1 clove garlic
* Juice of one lemon
* 1/3 cup sunflower seeds
* 1/3 cup parmesan cheese (optional)

Directions

1. Pulse the kale, parsley, olive oil, salt, garlic, and lemon juice in a food processor until smooth.
2. Add the sunflower seeds and cheese. Pulse until seeds are ground to desired consistency.
3. Serve with pizza, pasta, crackers, eggs, salads, veggies, sandwiches, etc.

Recipe adapted from Pinch of Yum