

## **Hemp Hearts Super Nutrition Pesto**

2 cups fresh basil leaves, loosely packed

1/4 cup shelled hemp seed hearts

1/4 cup shredded parmesan cheese

2-3 tablespoons hemp seed oil

1 clove garlic

Squeeze of lemon

Salt to taste (about 1/4-1/2 teaspoon is a good amount)

Combine all of the ingredients in the bowl of a food processor and process until smooth, stopping to scrape down the sides with a rubber spatula if necessary. Add more or less oil to get the consistency you desire.

HempFarm Pure Hemp Hearts are certified organic for optimal purity. Try them in pesto, then experiment with other ideas. Hemp seeds are so versatile, you can use them as a simple sprinkle, or turn them into your own dairy free milk!