



### Lifestyle Pesto

Serves: 12- 1 Tbsp (3/4 cup total)

amount	unit	Ingredients:
0.33	cup	olive oil
4	each	garlic cloves
0.25	cup	nutritional yeast
1	cup	chopped fresh basil

Blend ingredients to desired consistency, adding more oil as necessary.

#### Nutritional Information:

Calories: 60; Carbohydrates: 1g; Fiber: 0g; Protein: 1g; Fat: 6g; Saturated Fat: 1g; Cholesterol: 0mg;  
Sodium: 0mg