

RECIPE



Pesto is a beloved classic, but this Super “B” Basil Pesto takes it to the next level with a nutritional boost! By incorporating nutritional yeast, this recipe not only enhances the flavor with a deliciously cheesy, umami depth but also delivers an array of health benefits that support overall wellness.

Super “B” Basil Pesto

Yield: 1 – small portion

Ingredients

2 cups organic basil leaves, packed

1 medium garlic clove

Salt (to taste)

Pepper (to taste)

1 Tbsp. pine nuts

1 Tbsp. nutritional yeast

1/3 cup extra virgin olive oil

Instructions:

In a blender or food processor, combine basil leaves, garlic, salt, pepper, pine nuts, nutritional yeast, and olive oil.

Blend until smooth and creamy. If needed, add a little more olive oil for desired consistency.

Transfer to an airtight container and refrigerate for up to 7 days.

Yours to Artful Eating,

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Health Benefits of this Recipe:

This pesto isn't just about great taste—it's a nutrient-dense addition to any meal:

- ✓ Supports Immunity – Thanks to zinc, selenium, and antioxidants.
- ✓ Promotes Heart Health – Olive oil contains heart-healthy monounsaturated fats.
- ✓ Enhances Digestion – Basil has natural antibacterial properties and aids in gut balance.
- ✓ Fights Inflammation – The combination of basil, garlic, and olive oil helps reduce inflammation in the body.

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