



# PUMPKIN SEED PESTO

(Makes 2-4 servings)

½ cup raw pumpkin seeds, soaked overnight  
½ cup hemp seeds  
2 cloves garlic, minced  
2 scallions, chopped  
1 large lemon, juiced  
2 tablespoons tahini  
½ cup fresh parsley, loosely packed  
¼ teaspoon cayenne pepper (to taste)

Drain the pumpkin seeds. Rinse them and drain well. Pulse garlic with pumpkin and hemp seeds until well ground using a food processor. Add remaining ingredients and blend until creamy (about 2 minutes). Refrigerate in an airtight container