



DETOX PESTO

(Makes 2-4 servings)

1 cup fresh basil, loosely packed
1 cup fresh spinach, loosely packed
1/2 cup fresh arugula, loosely packed
4 cloves garlic, minced
1 lemon, juiced
1/3 cup extra virgin olive oil
sea salt and black pepper to taste

ASSEMBLE THE INGREDIENTS. Combine the basil, spinach, garlic, and lemon juice in a blender or food processor bowl. Pulse and process the mixture until it is finely chopped.

Slowly add extra virgin olive oil in a steady drizzle as you pulse the processor on and off. Process until it becomes a smooth, light paste.

Add enough olive oil to keep it moist and spreadable. Season with sea salt and black pepper. Cover tightly and chill in the refrigerator for at least 1 hour to saturate the flavors. If storing overnight, pour a thin layer of extra virgin olive oil over the top of the pesto to help keep it bright green.