

CULTURED GREEN PESTO WITH WHEY



Ingredients for cultured pesto:

- 75 g (2 2/3 oz) almonds
- 75 g (2 2/3 oz) pumpkin seeds
- 125 ml (1/2 cup) of extra virgin olive oil
- 1 tablespoon of lime juice
- 1/2 teaspoon of sea salt
- 1/3 of garlic clove
- 2 tbsp of whey (I used whey from milk kefir cheese)
- handful of fresh parsley leaves
- 3 handfuls of fresh basil leaves

Cultured pesto preparation steps

Place all ingredients in a food processor or blender and blend until creamy. Place mixture in the Kefirko jar, cover with lid and pump out any air bubbles with the built-in pump. Cover with a second lid and leave to ferment at room temperature for 1-3 days.

When fermentation is complete, refrigerate for up to 5 weeks. You can use pesto as a spread or combine it with pasta.

Cultured pesto is more nutritious than regular one. Add them to the pasta once you remove it from heat to avoid killing off the good bacteria in your pesto. You can leave whey to the pesto to boost the ferment but it's not necessary. Fermentation will happen anyway, it just may be a bit slower.

See more recipes [here](#).

Recipe by Vedrana Orlović, kefirolicious.com.

Products used to prepare this recipe:



[Veggie Fermenter](#)

[Buy on Kefirko.com](#)



[Sea Salt](#)

[Buy on Kefirko.com](#)