
Basil, Lime, and Pumpkin Seed Pesto

Ingredients

1 cup	pumpkin seeds, raw
1 cup	fresh basil, packed
4 tbsp	lime juiced, freshly squeezed
3 cloves	garlic
2 tbsp	extra virgin olive oil
Celtic sea salt and pepper to taste	



In a food processor, blend pumpkin seeds (which can be lightly toasted in the oven if desired) until they stick to the walls. Add the remaining ingredients. Add more olive oil or lime juice to obtain the desired consistency.

Adapted from www.care2.com/greenliving.

Nutritional Value of Select Ingredients

Pumpkin Seeds – These mighty seeds actually contain more iron than liver by weight, and are an excellent source of essential fatty acids (EFA's), protein, calcium, and phosphorus. They are commonly used to alleviate prostate problems, as they are high in zinc. They are also antiparasitic and used to combat intestinal worms.

Basil – A member of the mint family, basil helps relieve digestive disorders, is an immune stimulant, a treatment for intestinal parasites, and may reduce the risk of lung cancer. It is helpful for the lungs, spleen, and large intestines.

Olive Oil – Cold pressed extra virgin olive oil is an excellent source of monounsaturated fatty acids, making this oil quite stable for medium temperature cooking. It has a good variety of vitamins and minerals, and can help lower LDL cholesterol, control blood pressure, and aid in diabetes.

Limes – The phytochemicals in limes boost the immune system, prevent heart disease and cancer, lower blood cholesterol levels, and lower high blood pressure. They may dissolve gallstones and protect against scurvy, as they are high in vitamin C.

Garlic – Garlic is touted as a "cure-all" due to its many uses in medicine. It has a beneficial effect on heart disease, cancer, and infectious diseases. It decreases cholesterol levels, detoxifies the body, stimulates the immune system, and the list goes on and on. Eat garlic raw and regularly for maximum benefits.