

# BASIL, SWEET



## BASIL, SPINACH & AVOCADO PESTO

### Ingredients:

- 1 cup fresh basil leaves, packed and chopped
- ½ cup spinach leaves, chopped
- ½ large ripe avocado, cut into chunks
- 2 cloves garlic, crushed
- 2 tbsp. pine nuts
- ¼ cup nutritional yeast or Parmesan cheese
- 1 tbsp. fresh lemon juice
- 3 tbsp. water, plus more if necessary
- 1 drop Basil-Sweet Culinary Essential Oil
- Salt to taste

### Directions:

Using a food processor, with the S blade, add basil, spinach, avocado, garlic, pine nuts, cheese and lemon juice. Process for 30 seconds. Add water and mix again until smooth. Add 1 drop Basil-Sweet Culinary Essential Oil and mix again for 15 seconds. Store in a jar in the fridge. Can be frozen for later. It's great on zucchini pasta, stuffed in mushrooms, or used as a dip.

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## TOMATO BASIL SOUP

### Ingredients:

- 3 large tomatoes, sliced into chunks
- 3 sun-dried tomatoes, cut up into ½ inch chunks with scissors
- ¼ cup onion, chopped
- 1 clove garlic, minced
- 2 stalks celery, chopped
- ½ avocado
- 1 drop Basil-Sweet Culinary Essential Oil
- 1-2 sprigs fresh basil sliced for garnish

### Directions:

In a high-powered blender, add the large tomatoes, sun-dried tomatoes, onions, celery, and garlic. Blend until smooth and warm. If you don't have a high-powered blender to warm it up, warm on low in a pan to keep as many of the enzymes alive as possible. After you have a creamy texture, add the avocado and Basil-Sweet Culinary Essential Oil and blend for a few seconds more until creamy. Serve in heated bowls and garnish with the fresh basil. You can also sprinkle nutritional yeast or Parmesan cheese on top.

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## BASIL VINAIGRETTE

### Ingredients:

- ½ cup raw apple cider vinegar
- ¼ cup raw honey
- 1 capful of Cheri-Mins™
- 2 drops Basil-Sweet Culinary Essential Oil

### Directions:

Mix ingredients and let chill for 30 minutes. Pour over your favorite green salad. It can also be used as a vegetable or meat marinade.