

## Pumpkin Seed Cilantro Pesto Recipe

### Ingredients

1/2 cup pumpkin seeds  
2 cups cilantro leaves  
1/4 cup olive oil  
2 tablespoons lime juice  
1/2 teaspoon cumin  
1/2 teaspoon coriander  
1 clove minced garlic (use [Fermented Garlic](#) for a probiotic boost)

### Instructions

- Infuse the cumin and coriander in the olive oil on low/medium heat for about 1 minute.
- Turn off the heat and allow to cool, then add your minced garlic.
- Add pumpkin seeds and cilantro leaves to blender or food processor and pulse a few times.
- While blending the cilantro and pumpkin seeds, slowly add your olive oil, pausing to scrape down the sides.
- I store mine in 4-ounce jelly jars and they freeze well too.

### Uses

Serve on bread, pita chips, as a dip for vegetables, on grilled fish, on pasta, and mixed with cooked vegetables.