

# Beans, Rice And Everything Nice

## Pesto Sauce



original recipe by [beansriceeverythingnice.weebly.com](http://beansriceeverythingnice.weebly.com)



### Ingredients

makes 1-1/4 to 1-1/2 cups

150 grams (1/2 cup) soft tofu

1/4 cup sunflower seeds  
(optional)

1 clove garlic

zest and juice of 1 lemon  
(about 1/3 cup)

1 Tablespoon gluten-free tamari

1 tablespoon nutritional yeast  
(optional)

1 packed cup parsley,  
leaves and tender stems

1 packed cup fresh basil,  
leaves and tender stems

***This sauce is great on everything! I've used it as a salad dressing, a sauce on rice or potato bowls, drizzled on asparagus, and as a base for pizza (with more drizzled on top).***



Put all the ingredients in a blender and puree until smooth, about 3 minutes.