

FODMAP Recipe

Basil pesto

Serves - 10

Cooking time - 15 minutes

Nutrition Info

Energy :	635 kJ
Protein :	3g
Carbohydrates :	0g
Sugar :	1g
Total Fat :	16g
Saturated Fat :	3g
Fibre :	1g

Ingredients

1/3 cup macadamia nuts	45g
2 bunches basil, fresh	80g
3/4 cup parmesan cheese, grated	63g
4 tablespoon olive oil	108g
2 tablespoon garlic infused olive oil	36g
black pepper, ground (to taste)	

Steps

1	Place the macadamias, basil and parmesan in a food processor, Blitz until finely chopped and gradually pour in oils until well combined.
2	Season with pepper to taste and store firmly packed in a jar. Cover the top with a small layer of oil to prevent oxidation and refrigerate for up to 1 week.