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## VEGAN PUMPKIN SEED PESTO

5 minutes | makes 1 cup / 250 ml.

### INGREDIENTS

2 cups packed | approximately 50 gr. fresh  
aromatic herbs (basil, parsley, mint, coriander)  
or leafy greens (spinach, arugula, carrot tops,  
beetroot greens)  
1/4 cup | 35 gr. **vegan parmesan “cheese”**  
(recipe is in the blog)  
1/2 cup | 65 gr. pumpkin seeds  
1 garlic clove, center germ removed  
squeeze of lemon juice to taste  
black pepper & sea salt to taste  
1/2 cup | 125 ml. cold-pressed olive oil

### STEP BY STEP

Start by gathering, preparing and measuring all of the ingredients. This will improve your dynamic in the kitchen.

1. Add all of the ingredients (except the olive oil) to your food processor/blender and blend until it becomes a paste.
2. With the food processor on, feed the olive oil slowly through the feeder. If the pesto is too thick, add a little bit more olive oil. If too runny, add more herbs/greens and pumpkin seeds.
3. Store in an airtight container in the fridge for up to 5 days or freeze in ice cube moulds.



EXPLORE THE BLOG TO FIND OTHER VEGAN RECIPES  
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