Kale Pesto

Yield:

Ingredients:
- ¼ cup toasted sunflower seeds
- 6 cups of toasted kale
- ¼ cup of olive oil
- ¼ cup of parmesan cheese
- Salt and pepper to taste

Directions:
- Preheat oven to 450 degrees
- Lay Kale out on sheet tray and toast until golden brown on top.
- In a food processor or a blender add the sunflower seeds, kale, and parmesan with a sprinkle of salt and pepper.
- Puree and stream in the olive oil.
- Add water if you need to thin out and finish