

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Tomato Basil Pesto Sandwiches



- 2 cups fresh basil leaves, packed
- 1/2 cup pine nuts
- 3 medium-sized garlic cloves, minced
- 1/3 cup water
- Sea salt and black pepper to taste
- 8 slices of whole grain bread
- 2 large tomatoes, sliced

To make pesto, combine basil with pine nuts in a food processor. Pulse a few times. Add garlic and pulse a few more times. Slowly add water while the food processor is on. Add salt and pepper. Toast bread and spread with pesto. Add sliced tomatoes and enjoy.

Recipe from ***The China Study Cookbook*** by Leanne Campbell, PHD.