

Chat N Chew
Good Oils Season 1-3

Basil and Walnut Dressing

- 1 cup basil leaves loosely packed
- ½ cup walnuts
- ¼ cup extra virgin olive oil
- ¼ cup nutritional yeast flakes
- 3 tbsp. lemon juice
- 1 clove garlic
- ¼ tsp. salt
- 2-4 tbsp. water

Put all of these ingredients in a food processor or blender and enjoy on a salad!