

# Raw Tabbouleh

My favorite restaurant in Cluj is Samsara. It is so good, it is nearly worth the three flights and layovers required, just for a meal! Although everything is delicious, I was especially intrigued by their raw tabbouleh. I took a photo and made note of the ingredients while enjoying each bite, vowing to make it at home. This week, when I hosted three brilliant women for an afternoon idea exchange, I had the perfect opportunity to recreate it. Naturally, I could not leave well enough alone and added a few ingredients, creating my own inspired version. Please don't be put off by the long list here. You can make quick work with a food processor or veggie bullet.

## Ingredients

- 1 small head cauliflower, finely chopped or shredded
- 1 bunch of broccoli, finely chopped or shredded
- 1 small bunch of kale, destemmed, chiffonade
- 1 small red onion, minced
- 2 large bunches flat-leaf parsley, finely chopped
- 2 tablespoons fresh mint, finely chopped, plus more to taste
- 8 large tomatoes, halved, flesh scooped out, finely diced
- 1 small red onion, minced
- bunch green onions, finely chopped (white and green parts)
- 1 English cucumber, flesh scooped out and diced
- ½ cup sunflower seeds
- Seeds from one pomegranate

Combine ingredients in a large salad bowl, reserving pomegranate seeds.

## Dressing

- $\frac{1}{2}$  cup extra-virgin olive oil, plus more to taste
- $\frac{1}{4}$  cup fresh lemon juice, plus more to taste
- 1 tablespoon maple syrup (more or less according to taste)
- $\frac{1}{2}$  teaspoon Celtic sea salt, plus more to taste
- $\frac{1}{4}$  teaspoon freshly ground black pepper, plus more to taste

Add all ingredients to a lidded glass jar, shake well and pour a generous amount over the tabbouleh. Mix well and allow to chill for a few hours for the flavors to meld. Add more dressing if needed. Sprinkle with pomegranate seeds before serving.

Enjoy!

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## Swimming Upstream

Every morning, between 7:30 and 8 a.m., I sit on the steps that lead into the San Marcos River, put on my fins and goggles, and head upstream. Returning downstream, I'm often asked how far I made it, and my answer is always this: "As far as the river and I could agree on today." And that is the truth, because each day my swim is a negotiation between my body and the ever-changing current of the river. What started out as a pure curiosity to see what was around the bend upstream has spun into a rich and rewarding daily ritual.

I was born an Aquarian, and my earliest joyful memories as a child are those of wading in creeks. Weekends in the Bay Area always involved a trip to the beach. Then, in my adolescence, when we moved to the Sacramento Valley, I swam on swim teams,

river rafted and worked summers as swim instructor and lifeguard through college. Wild swimming, however, was never really my thing. Mostly because wild swimming also included other wild things that I wasn't so sure I wanted to share my swim experience with. But something changed when I reached my 50s, and I started challenging a variety of limiting behaviors I had adopted over a lifetime. Today I am so grateful I broke through all my fears regarding open-water swims. I can't imagine missing out on my morning interactions with the San Marcos River.

Here are some lessons that my swims upstream have taught me. These lessons have become equally useful in and out of the water:

*The current is constantly changing, and so is my body.*

*Navigating is more about technique than strength. Swimming smarter is more useful than swimming harder.*

*A new angle of approach on a challenging stretch can get me to the other side of it.*

*Pausing to reassess may be all that is needed.*

*Let go of any expectations to reach a certain destination. Swim for the experience, enjoying all the lessons along the way.*

Interactions with nature hold so many metaphors for life, whether you sit in the garden observing insects on the ground, stand under the night sky, take a hike among the trees or swim like I do. Connecting with nature on a regular basis keeps us in check. It keeps us on an authentic path. Everything I encounter on my swim is real. There is nothing contrived about it. Yet the moment I leave it, I encounter a world so vastly different. Carrying the lessons learned into my day is a simple yet profound way of remembering what is really

important and focusing my energy there.

Is there a ritual in nature you have found to connect with your authentic self? Is there one you would like to create? Keep it simple so it fits your life today, and as your life changes, you can make room for more. What small step can you say yes to? Pay attention to the lessons that nature shares so generously.

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## Berry Tart

Although I have been enjoying summer's beautiful berries just as they are, this weekend I couldn't help myself putting them into a tart shell. The berries, of course, play the starring role – but without a yummy crust to back them up, the results would be disappointing. I found my solution taking inspiration from this tomato tart recipe I posted last month in France. With just a few tweaks in flour choices and a splash of maple syrup, I found just what I was looking for – a nice crumbly crust with just enough flavor.

### Tart Crust

- 2 tbsp ground flaxseed
- 4 tbsp water
- 1/2 cups ground walnut meal
- ½ cup coconut flour
- 1 cup of buckwheat flour
- 3/4 tsp sea salt
- 2 tbsp coconut oil or melted plant-based spread
- 1-4 tbsp plant-based milk, amount may vary

Preheat oven to 375 degrees. Combine flaxseed and water in a small dish and set aside. Measure and mix together all dry

ingredients. Blend oil and flaxseed into flours, using your hands. Add enough plant-based milk so that the ingredients can be formed into a ball. Gently press into bottom and sides of tart pan.

Prick the bottom layer with a fork and place in the oven for 10 minutes. Prepare filling.

## Filling

- 4 cups of berries (I used blueberries and blackberries)
- Juice from one lemon
- 3 tbsp tapioca starch
- 2 tbsp Maple Syrup
- 1 tsp cinnamon
- $\frac{1}{2}$  tsp fresh grated nutmeg

In a large bowl, combine berries and tapioca starch, coating them well. Mix in additional ingredients. Pour berries into pre-baked tart shell and return to oven for 40 minutes.

Enjoy!

(stores well in a cool oven overnight without covering)

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## Coaching Stories: Stephanie

*Clients who seek my support arrive with varying degrees of self awareness and knowledge of how the body heals. They also vary in their willingness to explore new territory together. It's always with great pleasure that I meet someone so ready and willing to explore and challenge their own beliefs. Stephanie came to my practice with considerable knowledge of Homeopathy and Gemmotherapy, and yet there was a gap between what she knew and how I practiced. It has been delightful*

*collaborating with Stephanie on her health journey, expanding both of our perspectives along the way.*

*by Stephanie Widmaier*

I am a housewife and piano teacher who loves my music and continuing to grow in my walk with the Lord – and, of course, learning more about Gemmotherapy! I've been married to my wonderful husband for fifteen years, and we have a sweet daughter in Heaven, whom the Lord continues to use greatly in my life.

My health issues and a desire to learn more about using Gemmotherapy motivated me to work with Lauren. I was hoping to add to the healing journey I've been on, as well as gain more understanding about using Gemmotherapy protocols.

One of the main things I was reminded of is that emotional awareness and dealing with emotions as they come up is a daily, lifelong "to-do," in order to make more space in the body for good health. I believe that I have a better awareness of my body's health, both physically and emotionally, and I feel a little more confidence about my health journey – that even working through a state of "stuckness" is more doable.

It has been a delight to work with Lauren! She is a great listener and asks questions that really cause a person to pause and think. I believe that I have the opportunity to be a better listener and to be more in control of my emotions.

If you're considering coaching, I'd say be ready to allow the sessions to gradually lead you into a different way of looking at yourself. Then be prepared to learn and apply!

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# Are You a Gemmo Mom?

*“The odd thing about these deep and personal connections of women is that they often ignore barriers of age, economics, worldly experience, race, culture – all the barriers that, in male or mixed society, had seemed so difficult to cross.”*

*– Gloria Steinem*

In a recent conversation with my dear friend Christine, I shared a story from my time as a young mother. I hadn't considered the relevance of that story until now. During the early 80s, the decade of shoulder pads and big hair, I was a mother of two preschoolers and an officer's wife. To most, that role meant staying home, stenciling the yellowing walls of the military quarters, holding teas and NOT having a career. I did have a career. Mine was in the field of education as an innovative and aspiring school administrator. It may come as a great surprise to young women today, but just thirty years ago I was often chastised and called on the carpet by my then-husband's commanding officers. My offense was not putting my husband's career first and foremost – challenging the status quo.

This was a painful period in my life because I struggled with wanting a meaningful career that was important and right for me – versus what was expected. What I was sorely lacked was a tribe – peers who thought like I did and, more importantly, took action. Thank goodness things have changed for military spouses. But I still remember with clarity the deep sense of isolation which led me to considerable self-doubt.

## **Forming community**

My desire to challenge the accepted way of doing things has not faded over the years. Today however, it has moved to the arena of health. Due to my history, I feel a deep bond with

the women I coach who find themselves trapped between imposed healthcare norms and their deep-seated beliefs that there is another way to achieve lasting health and well-being for themselves and their children. Like me in the 1980s, these women could benefit greatly from a community of peers who shared similar struggles and mentoring on navigating upstream against an often powerful current.

I began to envision ways I could do my part to mentor and provide a safe and forum to connect.

Last spring, I launched Gemmo Moms and literally connected moms from California to Kyiv. We met bi-weekly, and the concept developed organically. Staying in tune with the needs of the group, I led them down a path of self-discovery to prepare each one to advocate for themselves and other mothers in their circle of contact.

## **New programs**

This fall, I am thrilled to announce four independent Gemmo Moms series, which include:

- Everything Acute
- Conscious Conception and Pregnancy
- Coaching Skills
- Building Emotional Immunity

To offer this support to mothers of all ages and stages in life is so near and dear to me. I can only begin to imagine how different my self-image and life choices would have been if I had had such a group as a young woman and mother. It is my desire to be the support I would have loved and to encourage my students to begin similar groups of their own when they feel ready. I am so proud to share that some of my first students already have!



## Who can join Gemmo Moms?

Any woman, at any stage of mothering, who would like to learn more about supporting natural immunity in children is invited. If you already have experience with Gemmotherapy, all the better, but if you are brand new you are equally welcome. Questions? Feel free to respond directly to this blog post so others can benefit from our exchange.

## Hear what others say

Now that you've heard my perspective, I thought it fitting that you hear what a few of the original Gemmo Moms have to say about their personal experiences in the program:

*"Gemmo Moms helped me feel connected to other mamas who are exploring Gemmos with their families. It feels so good to not be pioneering this alone! There are amazing women all over the world who are curious about and inspired by this healing path. Lauren provided a safe and comfortable space for us to develop more self awareness and support one another on our Gemmo journeys."*

*– Kara from Austin, Texas, USA*

*"The Gemmo Moms program is an experience like no other! Lauren led us on a transformational journey that brought us to a greater awareness of ourselves in an incredible community of women. I highly recommend Gemmo Moms if you're looking for a deeper, more connected way of helping family, friends, or clients with Gemmotherapy."*

*– Christina from California, USA*

*"I loved my meetings with Lauren and the other beautiful women who formed our Gemmo Moms group. It felt like an anchoring moment of my busy week when I could settle while soaking in the precious information which Lauren generously shares."*

– Sarah from Toulouse, France

*“Gemmo Moms gave me a tribe of like minded mamas who encourage, love and support me! It helped to build my confidence, grow physically, spiritually, mentally and emotionally, and challenged me to unlock a deeper part of myself and what I’m capable of.”*

– Megan from Louisiana, USA

*“I enjoyed connecting with other Gemmo Moms and exploring the further potential we have for better caring for others. Lauren is a thoughtful guide into insights that can be used in a practical way.”*

– Stephanie from Maryland, USA

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## Vegan Cassoulet

Cassoulet is a French classic and (traditionally) absolutely not vegan. But you can easily capture the essence of this comfort-food dish in my meat-free version. Even better on the second day, cassoulet can be made the night before and gently reheated, perhaps served alongside a hearty kale salad for a delightful weeknight supper.

### Ingredients

- 1 cup dry white beans, soaked 8 hours and cooked until tender (drain excess liquid). Alternatively, use 3 cups canned white beans, drained and washed (consider cannellini or navy beans)
- 3 tbsp extra virgin olive oil
- 1 medium onion, diced

- 2 medium carrots, diced
- 1-2 cloves garlic, finely minced or crushed into a paste
- 15 mushrooms sliced (consider baby bella or crimini)
- 2 tomatoes diced and seeded
- 1 tbsp chopped sage or several fried sage leaves
- 1 tbsp chopped thyme (save some small sprigs for serving)
- 2 bay leaves
- 2 tbsp parsley, chopped
- 1 tbsp balsamic vinegar
- 1 vegetarian bouillon cube
- Salt and ground black pepper to taste

## Directions

1. Heat oil in a large, heavy saucepan.
  2. Add the onions, garlic and carrots. Add a pinch of salt and ground black pepper. Saute the vegetables for about five minutes, until the onions are translucent. Remove and set aside.
  3. Add coconut oil to the saucepan, and when heated, add the mushrooms. Brown mushrooms in small batches to avoid overcrowding, which leads to steaming rather than searing them.
  4. Add the tomatoes with the bay, sage, parsley and thyme.
  5. Bring the mixture to a gentle boil. Add more water if the stew is too thick. Turn the heat to a level where it boils gently.
  6. Taste to check seasoning, pour into an ovenproof dish and bake for 40 minutes at 350 degrees. Garnish with fresh thyme and enjoy!
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# Nutella Chia Parfait

I do realize that I am sharing a silly chia pudding recipe during peak veggie season. I get it. This wasn't planned, but now that I am home I am missing a little taste of Europe. And what's more European than Nutella, right? I gave up Nutella years ago when I changed my diet, but I still adore the combination of chocolate and hazelnut. If you are also a fan, you'll find this recipe an easy fix for your cravings.

It's been crazy hot here in Texas since my return, so I've been playing with some no-bake treats to get us through the long afternoons spent indoors. This one won the prize. I hope it does at your home as well.

## Ingredients

### pudding

- 1 cup almond milk + 1 cup coconut milk (or 2 cups of any of the richer plant-based milks, such as cashew or oat)
- 8 slightly rounded tablespoons of chia seeds
- 2 level tablespoons of raw cacao powder
- 2 heaping tablespoons of organic hazelnut butter (or replace with any other nut butter of your choice)
- 2 tablespoons of maple syrup, date syrup or honey (more or less depending on taste)
- 1 tea of vanilla or a pinch of vanilla powder

### Fruit topping

- 2-3 bananas
- Ground cinnamon
- 1 tablespoon of the sweetener of your choice above
- Coconut oil or coconut butter

## Directions

Mix all ingredients for pudding in a large bowl with a whisk, or shake well in a wide mouth mason jar. Let stand in the fridge for a minimum of 2 hours to hydrate the chia seeds. Overnight works well too.

Then, 15 minutes before assembling the parfait, heat coconut oil or coconut butter in a heavy skillet over medium heat. Add peeled and sliced bananas, sprinkle with cinnamon and drizzle with sweetener. Gently mix as bananas soften. You will want to cook the bananas just until they soften, yet still hold a bit of their shape. Set aside to cool.

When the banana topping is cooled, layer with chia pudding in small glasses and enjoy!

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## Why I Study Gemmotherapy: Angel Angelov

*I get a lot of random inquiries from around the world about Gemmotherapy. There was something, though, about Angel's message last December that caused me to pay special attention.*

*Now that I've had the pleasure to meet him personally, it's clear that his motivation comes from a very special place in his heart. It will be with great curiosity that I observe how Angel's work with Gemmotherapy unfolds in Sofia. I would say that if anyone would succeed in bringing a brand new therapy to Bulgaria, it will be Angel.*

*by Angel Angelov*

I am a young man who is enjoying life and trying to help others. I am from Sofia, Bulgaria – a little and very beautiful country in the Balkan Peninsula. Currently, I have my own practice of physiotherapy, massage and other ways to improve health. Also, I am working in a state center for people with disabilities.

I first heard of Gemmotherapy when I was creating a Facebook group for nontraditional medicine, and I was looking for cover picture. I came across an image with a small flower and “Gemmotherapy” under the flower. This was the first time I encountered this word. After this, I started to seek out more information about it, and fate led me to Lauren Hubelle and her practice.

I chose to study Gemmotherapy because it was something completely new for me and for my country, Bulgaria. I was really interested to understand more about this way of helping people. In this process of studying, I’ve learned a lot about human self-healing possibilities. As I can see more and more people are opening their minds for new things, they are trying to avoid pills and medications. So I hope Gemmotherapy will become popular and reach a lot of people who need help and believe in their inner body powers.

I would like to discover the full range of Gemmotherapy influence and to see the results in my family, friends and patients. I am very happy with my choice. Currently, I am trying to promote Gemmotherapy in Bulgaria because I would like to reach more people. I will be happy to share my knowledge and experience with other healthcare practitioners and people interested in alternative medicine. Who knows? One day we could have association of Gemmotherapists in Bulgaria.

Now, I want to continue learning more details about the acting of Gemmotherapy extracts and acquire confidence in using Gemmotherapy. I would like to learn how to work effectively in difficult situations and with people who have multiple health

problems to help them. For me, it is really interesting to learn more about Gemmotherapy in chronic cases.

My advice to anyone interested in Gemmotherapy is, “Just try it! It really works.” I believe everyone needs to learn and try more new things during their lives. We have a lot of possibilities, a lot of choices – but most important is to find the best way for ourselves. There is no need to convince anyone. If somebody really wants to help themselves, he or she will do it by their own will. I can only tell people what Gemmotherapy is and how it can help them with many health issues.

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## **This Journey's Growth**

*“In a forest of a hundred thousand trees, no two leaves are alike. And no two journeys along the same path are alike.”*

*– Paulo Coelho*

We are all on a journey, and each day presents unique opportunities for growth. Some journeys move you physically to distant lands. Some move you mentally through ideas, thoughts and emotions. And some journeys allow for both. Each journey, from the mundane to the awe-inspiring, offers unique opportunities for growth. And the trick is, those gifts may only be offered once. So let me share these two simple tips to reap all that is offered: remain present and remain open, and you will surely receive what is meant for you.

I have been on a two-month journey that has carried me to distant lands beyond what I could have imagined for myself – as well as familiar places. My journey has opened my mind to many thoughts, ideas and new perspectives. Some benefits have

already begun to materialize, like new branches on the tree representing my work. Others have arrived in the form of seeds that may or may not develop with nurturing and time.

Here's what has materialized over my two months in Europe:

### 1. **Partnerships**

A totally unexpected and organic development is the creation of partnerships with two of my European students. While still in the early stages, there is a clear commitment to preparing recordings of the ten Foundations of Gemmotherapy modules in both Russian and French languages! While this will be a huge endeavor, it is a giant step forward to share my systematic approach to restoring immunity. I am thrilled and so grateful to Brigitte and Lena, who will make this possible. Once we have a model established, it will be quite easy to set up further partnerships where there is interest.

### 2. **Gemmo Moms Cluj-Napoca**

Another branch developed quite organically with the help of Dr. Dana Campean and Coach Dumitrita Margineanu. The first Romanian Gemmo Moms group met during my stay in Cluj, and we filled the room with curious moms brimming with questions about their children. It was remarkable to be present for this inaugural meeting, and I can't wait to see how it grows and inspires future groups.

### 3. **A Publication Date**

My third book, Restoring Your Immunity, is now set for official publication in French by the Piktos Publishing group for February 2020. For you English speakers, please note my agent is actively searching for an English language publishing house to pick up the contract as well.

### 4. **A Fourth Book**

The start of my fourth book is official. With the brilliant support of my Romanian colleague, Dr. Neli



Olah, I will create a clinical and physiological guide to the primary Gemmotherapy extracts. While this will be quite an endeavor, my plan is to have my work completed and ready for translation by May 2020.

#### 5. **A Blind Study**

Also with the support and guidance of my Romanian colleague, Dr. Neli Olah, I have prepared a course which includes the first blind study of Gemmotherapy extracts. This study will be a continuation of my work with micro-dosing extracts for the nervous system. The study will be one of two planned over the next twelve months and will begin in September. More information will be available later this month.

#### 6. **A French Retreat**

The notion of hosting a retreat in Ariege has been hovering for a year now. This summer, I've made it so far as to identify the focus of the retreat, isolate two possible dates and finalize the venue. It's actually been a big dream of mine, and I couldn't be more thrilled to make this dream a reality with my international group of inspiring movers and shakers, Gemmo Moms.

Other developments – my new seeds – contain immense potential for growth, but they could also lay dormant or never sprout at all. It is no coincidence we are approaching fall, the season in which seeds are scattered, some sprouting in cool temperatures and others waiting for the warmth of spring. So, knowing which of these seed ideas will choose to germinate is something only time will tell.

Here are ideas that were born this summer:

#### 1. **Internship Program**

I'm so excited about this idea that is showing some life this summer. It's been hanging around for years, and I knew it was just a matter of timing. It's too soon for details, but certainly, in the works this fall is an

internship opportunity for my students ready to begin their own practices. Just the thought of this makes my heart fill with joy!

## 2. **Expanding My European Travels**

Now that a new frontier for my work has opened in Eastern Europe, my annual summer trip feels quite stretched. This summer's experience has led me to consider a more sustainable way to teach in both geographic areas. It has not yet materialized, but the seed of this idea is to return to Europe twice annually, teaching during winter in the west to include Belgium and France, and during fall in the east to include Romania and Ukraine. This makes sense in this moment, so until I gain more insight I am preparing to give it a test run for 2020.

## 3. **Teaching Polarity Analysis Homeopathy**

This is certainly not new, but this seed won't go away. And there is renewed interest in co-teaching Polarity Analysis with my husband, Joachim. He is responsible for building a widely circulated homeopathic software. Polarity Analysis, or PA, is the homeopathic remedy selection method developed by my mentor and our dear friend, Dr. Heiner Frei. If you are a patient of mine, you are used to the polar questions I ask about your symptoms. Coming closer to germinating is our teaching of this method together in 2020. The challenge for us will be to harmonize our very different teaching styles. If it's meant to be, how we manage this will open up for us.

## 4. **New Friends and Acquaintances**

Meeting new people, especially when you are awake and aware of the value, is like opening a present. No doubt there is a gift, a lesson, an insight or future connection to be revealed. Which one is often not apparent on first meeting, but over time is made known. I so enjoy this experience – especially hearing people's stories – and this summer I was not disappointed. From

Belgium to Romania and Ukraine to France, I will carry home the seeds of these contacts. I treasure hearing the dreams of so many – and what each has done to realize his or her dreams is both inspiring and motivating.

While I have been off on my journey, you too have been on your own. Perhaps yours led you to a new geographic location or a journey within yourself. Where has your journey taken you? What have been your immediate benefits? What seeds have you been offered that may need time to germinate? The lessons from our journeys don't need "work" to be received. They only need your attention and a bit of solitude. Can you give yourself the gift of presence? Can you remain open wide enough to receive all that you are being offered?

It's been my pleasure to share my summer journey with you. Thanks for joining me.

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## A Tale of Two Sauces

I am a huge sauce fan, much to my husband's indifference. Like many passionate cooks, I believe sauce elevates an everyday, simple meal to special status. When perfect seasonal produce is plentiful, I am drawn to create simple meals of grilled veggies, changing things up with a variety of sauces. I don't mind eating zucchini or eggplant several times a week if I can create my own version every time.

So when my dear friend and Ariege Gemmo Mom came for lunch, the menu was simple: tossed salad with a citrus vinaigrette, grilled eggplant and zucchini, and steamed new potatoes.

The stars of the show, however, were my chard pesto and romesco sauce. While pesto has its origins in Genoa, Italy,

romesco comes from a city called Tarragona in Catalonia, the northeastern-most region of Spain, only a few hours from Foix. Here how's you can repeat my vegan versions of those sauces at home. You will discover they complement pasta, polenta, rice and a wide variety of veggies.

## **Lauren's Romesco Sauce (Vegan)**

### **Roast at 400 degrees:**

- 8 Roma or 4 large heirloom tomatoes, sliced in half, seeded, roasted until they begin to fall apart
- 2 large sweet/mild red peppers, cut in half and roasted until the skin is charred

Allow tomatoes and peppers to cool and remove skin.

**In a heavy skillet on medium heat, roast these items individually:**

- $\frac{1}{2}$  cup blanched almonds (the skins are fine but will add more texture), remove when lightly toasted
- 1 slice stale gluten-free bread, whole grain if possible, broken into pieces, remove when lightly toasted

### **Add to the bowl of the food processor:**

- Roasted and skinned tomatoes and peppers
- Peeled and diced small shallot or smashed garlic clove (according to taste)
- Almonds
- Bread
- 1 tablespoon wine vinegar
- 2 tablespoons flat-leaf parsley
- 1 teaspoon smoked paprika
- A dash of cayenne pepper or 1 tablespoon harissa sauce (optional)
- Salt to taste

## Lauren's Chard Pesto (Vegan)

- 1 cup of ground nuts (consider pumpkin seeds and almonds)
- 4 large chard leaves, stem and chiffonade
- 2 handfuls of basil leaves
- $\frac{1}{2}$  cup full-bodied olive oil (the better the oil, the better the pesto)
- A splash or two of ume vinegar or 2 tablespoons nutritional yeast (these add a cheesy flavor and can be omitted)
- Juice of one medium lemon or lime
- Salt to taste

I prefer to grind the nuts first, setting them aside in a mixing bowl, then blend the greens, basil and olive oil. This produces a more textured pesto. But please feel free to add all the ingredients to your food processor and process to your desired consistency. Salt to taste. This can be served immediately but is best if the flavors are given an hour or more to meld.

Pesto stores well for a few days, but it will thicken, so you may want to thin a bit with more oil or citrus juice.