**Parsley Pumpkin Seed Pesto [Vegan, Grain-Free]**

*Ingredients*

* 1/2 cup parsley
* 1/2 cup pumpkin seeds
* Juice of 1 lemon
* 1 clove of garlic
* 1/4 cup olive oil
* Salt and pepper to taste

*Preparation*

* In a food processor or blender, add the parsley, pumpkin seeds, lemon juice, and garlic and pulse until all of the ingredients are finely chopped.
* While the machine is running, add the olive oil slowly so that it thickens the sauce. Season with salt and pepper.