Ingredients:
- 3 cups basil leaves
- 1/4 cup olive oil
- 2 garlic cloves, peeled
- 1/2 cup grated Parmesan cheese
- 2 tablespoons sunflower seeds
- Pinch of salt and pepper

Instructions:
1. Wash hands and basil leaves
2. Place all ingredients in a food processor or blender
3. Blend until smooth, add more olive oil if it’s too thick

Arrow = kid-friendly step

Makes about 1 cup
**WHY BASIL?**

- Basil contains vitamin K.
- Vitamin K keeps your blood healthy and flowing properly.
- Vitamin K also keeps your bones strong.
- Basil contains vitamin A which is great for your vision.
- Basil essential oils have been shown to lower cholesterol levels.
- Recent research suggests that basil can help fight bacteria, viruses, and chronic diseases.

**Budding Farmers** is an innovative enrichment program that teaches children about healthy food produced by their local farmers.

For more recipes, program information and to sign up visit: [www.buddingfarmers.com](http://www.buddingfarmers.com)

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**The Minnesota Farmers Market Association (MFMA)** provides services, programs and leadership that support and promote farmers’ markets across Minnesota.

For more information: [www.mfma.org](http://www.mfma.org)

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