



PKU Pesto

1 cup fresh Basil leaves $\frac{1}{4}$
cup olive oil 3-4 cloves
garlic, minced salt and
pepper to taste

Blend ingredients in food processor or blender until well mixed. Toss into pasta. Refrigerate leftovers.

Total recipe: 75 mg phe

Recipe by Melissa Youssefi for Sarah



Cristine M. Trahms Program for Phenylketonuria
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>