



Lemon Basil Oil

This recipe is delicious, and so good for you! Lemon basil oil is the French version of pesto. It's also less expensive to make versus the Italian version of pesto because you leave out the parmesan cheese and pine nuts. Lemon basil oil is excellent for so many things. Baste it on meats, spoon over scrambled eggs, use as a dip, as a salad dressing or drizzled over tomatoes, use it as a condiment – the list goes on and on. If you love basil, you will love this healthy treat!

- Directions:
- 4 cups fresh basil leaves
 - ¾ cup organic olive oil
 - 4 cloves garlic, chopped
 - Two lemons, zested and juiced
 - One or more teaspoons pink salt (will need to taste)
 - ½ teaspoon pepper

Put all ingredients in Vitamix or blender and blend until smooth.

Enjoy!



CHERYL RICHARD

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- **Ballet Foundations** 3:15- 3:50 pm (6-10 years old)
- **Capoeira Basics** 4:00-4:45 pm (7 years old and up)
- **Aikido** 5:00-6:30pm (7 years old and up)
- **Dojo mat cleaning** Fridays only 6:30-7pm

Sensei R. Vicente Rubio, 5th Dan teaches all classes
For more information: (541) 658-5466
Email: cresswellaiki808@gmail.com
or visit: www.Cresswellaikido.com

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