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# Lactose Free Pesto Yogurt Dip

Prep time: 5 minutes

Servings: 6

With friends coming over and limited time to prep, you can mix up this deliciously shareable snack in minutes. Our thick and creamy lactose free plain yogurt softens the basil pesto flavor for a refreshing dip that pairs well with vegetables, crackers, or bread. For those trying to avoid lactose, be sure to use a pesto made with real aged Parmigiano Reggiano, which is naturally lactose free.

Green Valley Creamery

## Ingredients

1 cup Green Valley Creamery Lactose-Free Plain Yogurt

3 cups fresh basil leaves

¼ cup pine nuts

½ cup good-quality virgin olive oil

¼ cup real Parmigiano-Reggiano cheese (which is naturally lactose free)

1 clove of garlic

Salt and pepper to taste

## Instructions

### For the Pesto:

Toss garlic, pine nuts, basil leaves, and olive oil into a blender and blend until all ingredients are chopped.

Mix in ¼ cup Parmigiano-Reggiano and salt and pepper to taste. Blend again until fully mixed.

### For the Yogurt Pesto Dip:

Add one cup of yogurt and ¼ cup of pesto in a bowl. Thoroughly stir until fully combined. Add salt to taste.

Serve with vegetables, bread, or crackers