

# IMMUNE BOOSTING CREATIONS WITH TERI GENTES

Teri Gentes

WHOLE SELF HEALTH AND NATURAL NUTRITION

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**Meet Teri Gentes in the kitchen** to whip up a better-than-bought proverbial favorite - take-out food, pizza. In this virtual workshop we make an amazing **herb pesto and cashew parmesan** in minutes and elevate store-bought wraps like never before. Order-in pizza won't hold a candle to your creation. Your immune system is the heart of your health and this pizza boasts delish immune boosting, plant-based power and pure foodie satisfaction!

A heavenly match made in your own kitchen.

If you are preparing along with me check out the grocery list, recipes and basic equipment needs below.

## EQUIPMENT NEEDED:

- 2 bowls, 2 cutting boards
- Knives, lots of spoons
- Measuring cups
- Food Processor
- Spatula, scraper
- Oven

## PARMESAN CRUMBLE RECIPE

- 1 cups raw or toasted cashews
- 1 tsp paprika, smoked if desired
- 1 tsp Italian herbs, rubbed
- $\frac{3}{4}$  tsp [sea salt](#)
- 1-2 tbsp nutritional yeast

1. Combine all ingredients into food processor and pulse until granular or as desired.
2. Taste and adjust seasonings to suit your taste-buds.

Store in a glass jar and refrigerate.

Click the link here for the [HERB PESTO](#) recipe

Questions?

[Contact me.](#)

