



# Zucchini Pasta w Creamy Avocado Pesto

Adapted from: [www.liveeatlearn.com](http://www.liveeatlearn.com)

Prep Time: 10 min   Cook Time: 5 min   Total Time: 15 min

Serves: 2 large portions

## Ingredients:

- 1 avocado (ripe)
- 1 clove garlic
- ½ cup fresh basil leaves
- 1 Tbsp. lemon juice
- 2 Tbsp. extra virgin olive oil
- Water as needed
- Salt and pepper to taste
- 2-3 zucchinis (spiralized or cut into ¼ inch wide strips)

## Instructions:

1. **Sauce:** In a food processor, blend avocado, garlic, basil leaves and lemon juice until smooth, then mix in extra virgin olive oil. Add water, 1 Tbsp. at a time, until sauce reaches a fluid yet thick consistency. Season with salt and pepper, to taste preference.
2. **Zucchini Noodles:** Sauté zoodles with a splash of olive oil over medium/high heat until slightly soft and bright green, 3 to 5 minutes. Drain excess water.
3. **Serve:** Toss zoodles with sauce. (If you want to add some protein, toss in some pine nuts, chopped cashews, or almonds).