

# Creamy Avocado Pesto

## Zoodles

### Ingredients

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- 1 or 2 medium zucchinis
- 1 ripe avocado, pitted and scooped
- 1 cup fresh basil leaves, packed
- 2 tablespoons nutritional yeast
- 1 to 2 cloves garlic, according to taste
- 2 tablespoons pine nuts or walnuts (optional)
- 2 tablespoons lemon juice
- ½ cup of water
- Salt and pepper (to taste)

### Optional Garnishes:

- Cherry tomatoes, halved
- Additional fresh basil leaves
- Red pepper flakes
- Sun-dried tomatoes

### Directions

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1. Spiralize zucchini into noodles.
2. Optional: Sprinkle the zoodles with salt and let them sit for 10 minutes. Then, gently squeeze out any excess water using a clean kitchen towel or paper towel to prevent the dish from becoming too watery.
3. In a blender, combine ripe avocado, basil leaves, nutritional yeast, garlic, nuts (optional), water, salt, and pepper. Blend until smooth.
4. Toss: Mix zoodles with creamy sauce. Adjust seasoning as needed. Add any garnishes.

