



BASIL AVOCADO PESTO



INGREDIENTS:

- 1/2 cup whole fresh basil leaves
- 1 medium avocado (4-5 oz)
- 1/4 cup walnuts
- 1/2 cup spinach
- 2 garlic cloves
- 1/2 tbsp lemon juice
- Dash of salt
- 3-4 tbsp water

DIRECTIONS:

- 1) Add all ingredients into a blender or food processor
- 2) Blend until all ingredients are well combined, stopping as needed to scrape down sides

Enjoy!

Makes ~1 cup | Serving Size: 1/4 cup
Calories: 100 | Protein: 2 g | Carbs: 5g | Fat: 9 g | Fiber: 3 g