

ROAD NOTES HEALTHY RECIPE
(RVegan_life @ Instagram)

Protein Packed Pesto Pasta



Ready in 20 **minutes**

Serves **1 serving**

Ingredients

- 1 cup green peas
- 1 cup arugula
- 2 tbsp cashew
- 1 tbsp hemp seeds
- 1 cup basil
- 1 clove garlic
- 1 tbsp nutritional yeast
- 1 tbsp lemon juice
- 1 tbsp water
- ¼ tsp Himalayan Sea Salt
- ¼ tsp black pepper

Preparation

1. Soak the cashews in hot water for 15 minutes.
2. Put a big pot of water to boil and cook the pasta as instructed on the package.
3. In a blender or food processor, add the soaked rinsed cashews, hemp seeds, basil, garlic, nutritional yeast, lemon juice, salt, pepper and water and blend for a few minutes until creamy.
4. When pasta is ready, mix it with the pesto, add some fresh arugula and basil and sprinkle some hemp seeds.
5. Enjoy your meal!

Meal Information

Calories: 933.30

Protein: 0.95 oz

Fat: 0.58 oz

Carbs: 1.23 oz

Basil is a medicinal herb with health benefits such as decreasing blood sugar and stress.

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