



Creamy Avocado Basil Pasta

Plant-Based • Oil-Free Option • Ready in 20 Minutes



Ingredients (Serves 2):

- 6 oz whole wheat or gluten-free spaghetti
- 1 ripe avocado, peeled and pitted
- 1 cup fresh basil leaves
- 2 tablespoons lemon juice
- 2 garlic cloves
- 2 tablespoons nutritional yeast
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 2–3 tablespoons water (to thin sauce)
- Optional: Cherry tomatoes, red pepper flakes, pine nuts for topping



Instructions:

1. Cook pasta according to package directions. Drain and set aside.
2. In a food processor or blender, combine avocado, basil, lemon juice, garlic, nutritional yeast, salt, and pepper. Blend until creamy, adding water a little at a time until desired consistency is reached.
3. Toss warm pasta with sauce until fully coated.
4. Serve topped with halved cherry tomatoes, fresh basil, and optional pine nuts or chili flakes.

Nutritional Highlights (per serving):

- Calories: 410
- Fiber: 9g
- Protein: 12g
- Healthy Fats: 20g (mostly from avocado)
- Rich in: Potassium, Folate, Vitamin E

