BetterBody Foods

Vegan Avocado Pesto Pasta

Prep: 20 min Cook: 0 min Total: 20 min Servings: 4

Calories: 306 Fat: 12g Protein: 9g Carbs: 40g Fiber: 4g

Ingredients

- 8 ounces dry pasta of choice
- 1 large ripe avocado skin and seed removed
- 2 Tbsp BBF avocado oil
- 1 and 1/2 cups basil loosely packed
- 1 cup frozen spinach thawed; or use 2 cups fresh spinach
- 3 cloves garlic roughly chopped
- 1/4 cup raw unsalted cashews
- 2-3 Tbsp lemon juice from
- 1/2 tsp salt adjust to taste
- 1/4 tsp black pepper
- cherry tomatoes for serving

Directions

1. Cook the pasta according to the package instructions. Drain and set aside, reserving some of the pasta water.
2. While the pasta cooks, prepare the pesto:Add all pesto ingredients to a high-powered blender or food processor. Blend until smooth and spreadable, scraping down the sides as needed. If the pesto is too thick, add more avocado oil or a tablespoon or two of reserved pasta water to reach the desired consistency.
3. Taste and adjust seasoning with salt and pepper as needed.
4. Toss the cooked pasta with the pesto until evenly coated.
5. Drizzle with a little extra avocado oil and top with sliced cherry tomatoes. Serve warm or cold.
6. Notes:Storage: Store leftovers in an airtight container in the refrigerator. Best enjoyed within 2-3 days.Freezing: Avocado pesto can be frozen for up to 3 months. Thaw in the refrigerator for at least 24 hours before using.
7. Enjoy your Vegan Avocado Pesto Pasta!