

# Avocado Pesto

Prep time: 10 min

Serves: 2

## INGREDIENTS

- 1 cup of fresh basil leaves
- ½ of ripe avocado
- 2 cloves of garlic
- 2 tbsp of pine nuts
- 1 tbsp of fresh lemon juice
- 3 tablespoons of water
- ¼ cup of grated parmesan cheese

Add the basil, pine nuts, avocado, garlic, and lemon juice to the food processor and pulse for about 20 secs, then add water and process until the mixture is smooth

Put the mixture in the bowl with the cheese

Store in the refrigerator in a mason jar for a few days, or freeze for months



## Nutrition Facts

Serving size

Amount Per Serving

**Calories** **110**

% Daily Value\*

**Total Fat** 9g **12%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Sodium** 0mg **0%**

**Total Carbohydrate** 4g **1%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 4g **8%**

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.