

# Zucchini Noodles with Creamy Avocado Sauce

4 SERVINGS 10 MINUTES



## INGREDIENTS

1 cup Basil Leaves (plus additional for garnish)  
1 Avocado  
1/4 cup Extra Virgin Olive Oil  
2 tbsps Lemon Juice  
1/4 cup Pumpkin Seeds (plus additional for garnish)  
1 tbsp Nutritional Yeast  
1/4 tsp Sea Salt  
3 tbsps Water  
4 Zucchini (large)  
1 cup Cherry Tomatoes (halved)

## DIRECTIONS

- 01 In a blender or food processor, add the basil, avocado, extra virgin olive oil, lemon juice, pumpkin seeds, nutritional yeast and sea salt. Blend while slowly adding the water to thin.
- 02 Spiralize the zucchinis and add to a bowl. Toss with the avocado sauce and add the tomatoes, extra pumpkin seeds and basil. Divide between bowls and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	290	Carbs	15g
Fat	25g	Protein	7g