

CREAMY AVOCADO PESTO

Ingredients:

- 1 cup fresh basil, packed
- 1 cup spinach, packed
- ½ cup hemp hearts
- 1.5 tsp. miso paste
- 2 garlic cloves
- 2 tbsp. lemon juice
- 1 avocado
- ½ tsp. salt
- 1/8 tsp. red pepper flakes (optional)
- 1 tbsp. nutritional yeast (optional – adds a cheesy flavour)



Directions:

Place your basil, spinach and hemp hearts into a food processor or blender, and pulse to break them down. Add the remaining ingredients and blend until combined into a creamy consistency. Store in a jar in the fridge for up to 5 days.

This pesto is amazing on pasta, and is also delicious as a dip with your favourite vegetables or crackers!

Nourishing Tip

Avocados are a source of monounsaturated fats that help balance blood sugar levels and regulate hormones. They are also high in fat soluble vitamins that contribute to healthy hair, skin, nails and are high in fiber, which is essential for good digestion. All in all, avocados are one of the most beneficial fruits we can add to our daily diet.