



Avocado Pasta Sauce

- from Denise's Kitchen

Ingredients:

2 medium-sized avocados, pitted & chopped
Juice of one organic lemon
4 tbsp of grape seed oil (or light olive oil)
3 tsp of minced organic garlic
1 tsp of sea salt
1/4 tsp of black pepper (or more)
1/4 cup of dried organic basil
1/3 to 1/2 cup of water

Directions:

Combine your chopped avocados, lemon juice, oil, garlic, sea salt, black pepper, basil & water in a high-speed blender and process until smooth & creamy. Add a little more water if sauce is too thick. Transfer it to a small saucepan and heat through on lower setting. Cook your favorite pasta (linguine is good), drain & season with some sea salt & healthy buttery spread. Spoon your avocado sauce over each pasta portion & add a few organic cherry tomatoes on the side. Some crispy garlic toast might be good, too!