



Basil Avocado Pesto

Try pecans or cashews in place of walnuts. For a different flavor try arugula, parsley, cilantro, or spinach in addition to basil.

U.S.

3 Tbsp	Walnuts
2 cloves	Garlic
4 cups	Basil, Fresh
1/4 cup	Parmesan Cheese, grated
4 Tbsp	Water
1 each	Lemon, Medium, juiced
2 Tbsp	Extra Virgin Olive Oil
1/2 each	Avocado
1/4 tsp	Kosher Salt

Metric

45g
2 cloves
95g
25g
60ml
1 each
30ml
1/2 each
0.75g

Preparation:

1. Gather all ingredients and equipment.
2. Add ingredients to small blender. Blend until smooth.
3. Serve and enjoy!

Nutrition Facts

7 Servings

Serving size **2 Tbsp**

Amount per serving

Calories **120**

Calories from Fat 100

Total Fat 11 g

 Saturated Fat 2 g

 Trans Fat 0 g

 Monounsaturated Fat 2 g

Cholesterol 5 mg

Sodium 135 mg

Total Carbohydrate 4 g

 Dietary Fiber 2 g

 Total Sugars 0 g

 Includes 0g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 6 %

Iron 4 %

Potassium 154 mg

Phosphorus 60 mg
