

ACTIVE: 10 MINUTES

TOTAL: 10 MINUTES

TO MAKE AHEAD: Press a piece of plastic wrap directly on the surface to prevent browning and refrigerate for up to 5 days.

 SORE MOUTH OR THROAT

 DAIRY FREE

 VEGETARIAN

 VEGAN

 GLUTEN FREE

 SUPER SIMPLE

AVOCADO PESTO

If you love pesto's intense flavor, but prefer to skip the cheese, try this easy, dairy-free version—it gets its silky consistency and cheese-like richness from avocado.

Toss it with pasta, spread on toasted baguette slices to make bruschetta, or use for a healthy mayo substitute on a sandwich.

1 large bunch fresh basil

2 ripe avocados

½ cup walnuts

2 tablespoons lemon juice

3 cloves garlic

½ teaspoon fine sea salt

½ cup extra-virgin olive oil

Ground pepper to taste

Strip basil leaves from the stems and add to a food processor along with avocados, walnuts, lemon juice, garlic and salt; pulse until finely chopped. Add oil and process to form a thick paste. Season with pepper.

MAKES: 2 CUPS (2-TBSP. SERVING)

Calories 126, **Fat** 13g (sat 2g), **Cholesterol** 0mg, **Carbs** 3g, **Total sugars** 0g (added 0g), **Protein** 1g, **Fiber** 2g, **Sodium** 37mg, **Potassium** 151mg.