

Food Babe's Avocado & Sweet Pea Pasta



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	10 mins	15 mins	2

<https://foodbabe.com/creamy-avocado-sweet-pea-pasta>

Ingredients:

- 8 ounces cooked pasta
- ¼ cup fresh basil
- 2 garlic cloves
- ¼ cup pine nuts
- 1 pinch cayenne pepper
- 1 tablespoon fresh lemon juice
- 1 tablespoon extra virgin olive oil
- 1 ripe avocado, peeled and pitted
- ½ cup sweet peas
- 1 pinch sea salt
- 2 tablespoons fresh parsley, chopped
- 1 pinch fresh ground pepper, to taste

Instructions:

1. In a blender, add the basil, garlic, pine nuts, cayenne, lemon, oil and avocado. Blend until smooth.
2. Add the peas and pulse to blend until slightly mashed. Season with salt and pepper.
3. Pour the avocado mix over the pasta and toss to combine. Top with chopped fresh parsley and enjoy!

Notes:

- Gluten free: use lentil pasta or gluten free pasta of choice.