



# CREAMY AVOCADO PASTA



Preparation time  
**15min**



Total time  
**20min**



Portions  
**5**



Difficulty  
**Easy**

## INGREDIENTS

- 1 Aurum avocado
- 200 g pasta
- 1 small garlic clove
- Juice of ½
- 1 lemon (to taste)
- Cherry tomatoes
- 2 tablespoons olive oil
- Salt and pepper
- Basil or parsley (optional)
- Fresh spinach

## PREPARATION

1. Cook the pasta according to the package directions and set aside.
2. In a blender or food processor, combine the avocado, garlic, lemon juice, olive oil, salt, and pepper. Blend until smooth.
3. Mix the sauce with the hot pasta (off the heat).
4. Add tomatoes, spinach, or nutritional yeast if desired.
5. Serve immediately.