

♥ Heart Healthy

Velvety Avocado Pesto Dip



Ingredients

- 2 medium ripe avocados, peeled, pitted, and cut into pieces
- 1 cup fresh basil leaves
- 1/4 cup unsalted pine nuts
- 3 tbs olive oil (extra virgin preferred)
- 1 tbs fresh lemon juice
- 3 medium garlic cloves
- 1/4 teaspoon salt
- 1/4 teaspoon cracked black pepper

In a food processor or blender, process all the ingredients for about 3 minutes, or until the mixture is fluffy and creamy. Serve with your favorite veggies like celery, carrots, radishes, bell peppers.

Nutrition Facts	
Calories	74
Total Fat	7.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	4.5 g
Cholesterol	0 mg
Sodium	38 mg
Total Carbohydrate	3 g
Dietary Fiber	2 g
Sugars	0 g
Protein	1 g

Dietary Exchanges
1 1/2 fat

<https://recipes.heart.org/en/recipes/velvety-avocado-pesto>