

Creamy Pesto Fettuccine

Ingredients:

- 1¾ cups whole grain Fettuccine, cooked
- 1½ cups raw cashews, soaked overnight or for at least 2 hours
- 2 large Hass avocados
- 2 to 3 tbsp. lemon juice
- 2-3 cloves garlic, green germ removed
- 2 tbsp. Tahini
- 1-2 large handfuls Basil leaves, to taste
- ¼ cup nutritional yeast flakes
- 1 tsp. Celtic Sea Salt or Pink Himalayan Salt, or to taste
- Vegetable broth or water to thin out the pesto sauce, if desired

Instructions:

1. Place all ingredients (except the pasta and broth) in a food processor and process for 10 seconds. Scrape down sides and process for another 10 seconds. Add a splash of hot water or vegetable broth if you want the sauce a little bit thinner.
2. Mix the creamy pesto mixture through the cooked fettuccine.
3. Serve immediately.

Tip: If this dish is to be served a bit later it is best to not mix the pesto and pasta. When ready to serve, warm the pasta again, by pouring boiling hot water over it, let it sit for a minute or two, and then strain. Now mix in the pesto and serve. Garnish with sliced cherry or grape tomatoes and more basil leaves. Other kinds of pasta such as, spaghetti, penne, or Zucchini will also work.