

Creamy Vegan Pesto

Grain-Free Spaghetti

RAW Veggies



Serves 2

Ingredients

CREAMY VEGAN PESTO SAUCE

- 1 *Avocado*
- 1 cup soaked *Cashews* (soak for 4 or low boil for 30 minutes)
- 2 cups fresh *Basil Leaves*
- 3 large *Garlic Cloves* (or 3 Tbsp minced garlic)
- 2 tbsp *Lemon Juice*
- ¼ cup *Nutritional Yeast*
- 2-3 tbsp *Olive Oil*
- *Sea Salt* (¼ tsp plus more for taste preference)
- 3-6 tbsp Water (optional if too thick after blending)
- *Garlic Powder* (just in case you LOVE garlic)

GRAIN-FREE SPAGHETTI

- 1 box Grain-Free *Spaghetti* (i.e. made from rice, lentils, chickpeas)
- Water for boiling and cooling Grain-Free *Spaghetti*.

VEGGIES

- 1 bag frozen or canned *Sweet Peas*
- 1 cup quartered *Grape Tomatoes*
- 1 diced *Yellow Bell Pepper*

Instructions

PESTO SAUCE

1. Add *Avocado*, soaked *Cashews*, fresh *Basil*, *Garlic Cloves*, *Lemon Juice*, *Chia Seeds*, *Nutritional Yeast*, *Olive Oil*, and *Sea Salt* to the blender.
2. Blend.

3. Add small amounts of water, salt, and garlic seasoning until desired consistency and taste.
4. Keep **Pesto Sauce** in the blender until ready to serve.

GRAIN FREE SPAGHETTI

1. Follow preparation instructions on **Grain-Free Spaghetti** box
 - a. Boil water in a pot.
 - b. Add **Grain-Free Spaghetti** to boiling water.
2. After **Grain-Free Spaghetti** is ready, drain water with a colander.
3. When **Grain-Free Spaghetti** is in the colander, pour a cup of room temperature (or cold) water over noodles.

VEGGIES

1. Defrost **frozen Peas** by setting them out for hours or by adding them to a bowl of water.
2. Quarter the **Cherry Tomatoes** by cutting them in half and then cutting each half in half again.
3. Dice the **Yellow Bell Pepper** into approximately ½ inch square pieces.

SERVING

1. Put **Grain-Free Spaghetti** in a big serving bowl
2. Pour **Pesto Sauce** over top of **Grain-Free Spaghetti**
3. Add prepared **Veggies** on top.
4. Mix all together.

SERVE & ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *The Staniers*

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