

Oil Free Pesto Pasta

Delicious oil free pesto that is not only good on pasta but pizza, paninis or used as a dip!

Prep:
10 minutes

Cook:
10 minutes

Ready In:
20 minutes

Servings:
4



Pesto

2 cups whole leaf basil
2 cups baby spinach
1 oz raw pumpkin seeds (can sub pine nuts, cashews or sunflower)
1 oz raw walnuts
3 garlic cloves, minced
2-3 tbsp unsweetened plant milk
1/2 tsp salt
1/2 lemon, juiced
1 tbsp nutritional yeast

Pasta

16 oz chickpea pasta, dry

Instructions

- 1** Start by boiling some water and cooking your pasta according to the directions on the package.
- 2** While the pasta is cooking add your pesto ingredients into a food processor and process until smooth. Add the plant milk in slowly, you may not need it all or you may need 1-2 tbsp more. You might need to stop your food processor along the way and scare down the sides as well to keep it blending.
- 3** Once your pasta is done rinse and drain it in a colander and add it back into the pot with the pesto. Cook over medium heat for 2-3 minutes until it is all warm and tossed together. Enjoy!