



Zucchini Noodles



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Ingredients:

✓ Available for purchase in the PureFormulas Store

(makes 2 servings)

Ingredients for noodles:

- 3 medium zucchini
- 3 cups broccoli
- 1 garlic clove
- Pinch of salt ✓
- Top with hemp seeds and sesame seeds ✓

Ingredients for pesto:

- 2 cups of raw cashews (soak overnight) ✓
- 1 cup fresh basil
- 1 cup fresh parsley
- 4 garlic cloves
- 4 tablespoons nutritional yeast ✓
- ¼ teaspoon of salt ✓
- ½ cup organic vegetable broth
- ½ cup olive oil ✓

Directions:

Pesto:

1. Soak cashews overnight (or 4 hours) and rinse.
2. Blend all ingredients in food processor until reaches creamy consistency.
3. Try a little and as needed, add a little extra salt.
4. Add a little more olive oil or broth if you want to change the consistency.

Zucchini noodles:

1. Make pesto.
2. Using a spiralizer, prepare zucchini noodles and set aside.
3. In a pan, cook broccoli with garlic and pinch of salt until broccoli becomes bright green and set aside.
4. In a pan, cook zucchini noodles until it's only slightly crunchy.
5. Serve zucchini noodles in bowls, mix with pesto, and top with cooked broccoli, hemp seeds and sesame seeds.