

# AVOCADO PESTO DIP

## INGREDIENTS

- 2 medium ripe avocados, peeled, pitted, and cut into pieces
- 1 cup fresh basil leaves
- ¼ cup unsalted pine nuts
- 3 tablespoons olive oil
- (extra virgin preferred)
- 1 tablespoon fresh lemon juice
- 3 medium garlic cloves
- ¼ teaspoon salt
- ¼ teaspoon cracked black pepper

## DIRECTIONS

1. In a food processor or blender, process all the ingredients for about 3 minutes, or until the mixture is fluffy and creamy. Serve with celery sticks, cucumber spears, carrots and radishes.



*Recipe courtesy of the American Heart Association*

**Serving size: 2 tablespoons**

**Nutrition Information:** Calories: 74; Total fat: 7g; Saturated fat: 1g; Cholesterol: 0mg; Sodium: 38mg; Total carbohydrate: 3g; Dietary fiber: 2g; Protein: 1g.