Zoodles with Pine Nuts and Avocado Garlic Cream Sauce

Serves 4

Ingredients

Avocado Garlic Cream Sauce

The flesh of 2 avocados, cubed
1 garlic clove, finely chopped
The juice of half a lemon
250 mL (1 cup) sour cream (or yogurt)
60 mL (¼ cup) milk
3 zucchinis, sliced into noodles
125 mL (½ cup) cherry tomatoes, cut in half

Garnish

Roasted pine nuts
Grated Parmesan
Olive oil

Preparation

1. Using a mixer, mix the avocados with the garlic, lemon juice, sour cream, and milk. Add salt and pepper. Set aside.
2. Serve the zucchini noodles with the avocado cream sauce, tomatoes, pine nuts, fresh Parmesan, and olive oil.