

Zoodles with Pine Nuts and Avocado Garlic Cream Sauce



Serves 4

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.

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