

Pesto Zucchini Noodles

3 medium Zucchini, peeled
2 cups loosely packed Basil leaves
¼ cup Hemp seeds
¼ cup Walnuts or Pecans
1 tea Olive Oil (optional)
½ Date
2 Garlic cloves
¼ tea Sea Salt
1 Lemon
¼ cup Water
2 cups Cherry Tomatoes

Turn your zucchinis into noodles using a spiralizer, peeler or julienne peeler. Place these noodles into a large mixing bowl and set aside. Blend the basil leaves, hemp seeds, walnuts, olive oil, date, garlic cloves, sea salt and juice of the lemon with the water until a smooth pesto forms. Pour the pesto over the zucchini noodles and toss until they are evenly coated. Divide the noodles between two bowls. Top with sliced cherry tomatoes. Serve and Enjoy!