

**Recipe makes**  
4 servings

**Prep time**  
10 minutes



## NUTRITION INFO PER SERVING (1/4 recipe)

**Calories** 300

**Protein** 1.8 g

**Phenylalanine** 79 mg

This recipe was developed by Nicole W.

## INGREDIENTS

- 1 ½ cups basil, fresh
- 2 cups spinach, fresh
- 1 medium-sized (150 g) avocado, peeled and pitted
- 1 clove garlic, fresh, peeled
- ½ cup extra-virgin olive oil
- 1 tsp lemon juice

## DIRECTIONS

- 1** Blend basil, spinach, avocado and garlic together in a food processor or blender.
- 2** Add olive oil and pulse/process to blend.
- 3** Scrape down the sides of the blender bowl; add lemon juice.
- 4** Pulse this mixture until well blended and smooth.
- 5** Use immediately or freeze.

**This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.**

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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