

Easy no oil pesto with pasta

All the flavor of pasta with pesto without some of those bad feelings of regret or heartburn

Ingredients:

- 1. 1 large bunch of basil**
- 2. 3 cloves garlic to taste**
- 3. 1/2 tsp salt to taste**
- 4. 2 Tbs nutritional yeast**
- 5. 1 Tbs pine nuts or walnuts**
- 6. 3 Tbs water**
- 7. 1 package whole wheat pasta**

Directions:

- 1. Boil the pasta as per directions**
- 2. Blend the other ingredients adding water if needed**
- 3. Simply pour the pesto over the pasta and serve with our favorite green salad**

