



## 3mins Ribbon Zucchini Zoodles with Avocado Sauce

### Ingredients

- 1 zucchini, spiralized with SpiralEZ
- 3/4 teaspoons fresh lemon juice
- 1/4 avocado
- 1/2 tablespoons olive oil
- 1/8 teaspoon sea salt
- 1/16 teaspoons pepper
- 3/4 garlic cloves (minced)
- 1/2 tablespoon water (as needed)

### Nutrition

Calories 320		
Calories from Fat 260		
		% DAILY VALUE*
<b>Total Fat</b>	29g	45%
	Saturated Fat 3g	15%
	Trans Fat	
<b>Cholesterol</b>		
<b>Sodium</b>	610mg	25%
<b>Potassium</b>	900mg	26%
<b>Protein</b>	4g	8%
<b>Total Carbohydrate</b>	16g	5%
	Dietary Fiber 9g	36%
	Sugars 6g	12%

\* Percent Daily Values are based on a 2000 calorie diet.

Your Daily Values may be higher or lower depending on your calorie needs.

### **Step**

1. Spiralize the zucchini into ribbon zoodles and set them aside in a large bowl.
2. Combine the remaining ingredients, except water, in a medium bowl. Use a pastry cutter to make the avocado smooth. Stir in the water if you want to make the consistency looser.
3. Mix together the zoodles with the sauce.
4. Ready to serve.