

ONE BITE

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Vegan Magazine

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VEGAN DETOX RECIPES
to RECOVER YOUR HEALTH

THE BEST VEGAN FOOD

» in Malawi «

NEW YEAR, NEW YOU:

CREATING HEALTHY HABITS IN 2020

+ WFPB RECIPES

A VERY VEGAN VALENTINES:
Sweet Treats for the One You Love

NOMINATE YOUR FAVORITE BLOGGER IN THE 2020 ONE BITE VEGAN FOOD BLOGGER AWARDS!

WIN A COPY of the 'WEEKNIGHT ONE POT
VEGAN COOKING' COOKBOOK

Green Goddess Spinach Pesto

By Francesca - Seven Roses

Glow from within with this versatile, nutrient-packed Green Goddess Spinach Pesto packed-full of vitamins, antioxidants and macronutrients

RECIPE NOTES:

- This Green Goddess Spinach Pesto will stay fresh in your fridge in an air-tight container for up to 4 days.
- You can substitute almonds for cashews - or for a nut-free version try soaked sunflower seeds!

INGREDIENTS

- 4 cups baby spinach leaves
- 2 cups fresh basil
- 1 avocado
- ¼ cup almond flakes or cashews
- 2 tbsp fresh lemon juice
- 1 tsp black pepper
- 2 cloves garlic optional
- 2 tbsp nutritional yeast optional

INSTRUCTIONS

1. Peel and pit the avocado, then place it in a food processor along with the spinach and basil leaves, garlic (if using), lemon juice and pepper.
2. Turn on the machine and blend for 20/40 seconds. Scrape down the sides and blend for 40 more seconds or until you reach the desired consistency (also depending on your food processor).
3. Transfer to your container, sprinkle some nutritional yeast on top and serve with pasta, rice, vegetables, zoodles or spread on some lightly toasted bread for a yummy sandwich. It's also a perfect dip!

Francesca (SevenRoses)

Francesca is an entrepreneur and creator at sevenroses.com. She aims to promote a love for cooking delicious, Vegan recipes, DIY, and cruelty-free beauty; all this and more can be found on her many platforms.

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