

Creamy Avocado Pasta

1.54 USD per person
3 persons
1 hours



Ingredients:

250 gr of pasta

2 ripe avocados, pitted and scooped

1 organic lemon, juiced

2 cloves garlic

1 handful fresh basil

1/4 teaspoon salt

Instructions:

Fill a medium-sized pot with water and bring to a boil.

Add pasta, reduce heat slightly, and cook until al dente.

In a food processor or blender, combine avocado flesh, lemon juice, garlic, olive oil, basil, and salt. Blend until smooth and creamy. Set aside in a large bowl. Transfer cooked pasta to the bowl and toss with avocado mixture.



1

Chop the ingredients



2

Boil the pasta



3

Blend the ingredients



4



5

combine the sauce and pasta



6

Enjoy!

COSTS

AVOCADO	1.94 USD	✓	✓	✓	-	✓
SPAGUETTHI	1.47 USD	—————				✓
BASIL	0.55 USD	✓	✓	✓	✓	✓
GARLIC	0.28 USD	-	✓	✓	-	✓
LEMON	0.39 USD	✓	✓	✓	✓	✓
TOTAL:	4.63 USD	FRESH	LOCAL	ORGANIC	SEASONAL	NON-GMO
PER PERSON:	1.54 USD					

72% FLOSN

Was it easy to stay on budget? How did FLOSN food costs stack up?

Surprisingly, yes, the ingredients were not expensive and I can use the basil that I grow, and with the FLOSN criteria I easily decided which recipes were ideal for this activity. It also helps me a lot that in my community there are several people who sell quality organic products.



Did you have to travel far to purchase ingredients?

No, I walked less than 1 km to get to a farmers market

How far did the food travel to your local market?

the pasta traveled over 3500 km to reach my home. The basil was grown by me, but the rest of the vegetables were cultivated by someone who is less than 20km from where I live.



Leftovers and food waste

Personally I put the food waste in a compost with worms and if I have many leftovers, I keep them in a container and freeze them to eat later.

We loved reading your Conscious Kitchen Cookbook, the recipes are very good. We found the *FLOSN criteria* and the *Go zero waste* section to be very clear and useful. By having access to this information and following up on previous activities, it is clear to us that improving our eating habits really makes a difference



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