

PESTO SAUCE

INGREDIENTS

- 1 Ideal Protein Broccoli and Cheese Soup Mix
- 1 cup of fresh Basil Leaves
- 2 Garlic cloves
- 1 pinch of Ideal Salt or Sea Salt
- 1 pinch of Black Pepper
- 4 oz. of Water
- 2 tsp. of Olive Oil

PREPARATION

1. Combine basil and garlic in a food processor or blender, and pulse until coarsely chopped.
2. Add the oil, water and Ideal Protein Broccoli and Cheese soup mix
3. Process until fully incorporated and smooth
4. Season with Salt & Pepper.
5. Serve over Zucchini noodles & Enjoy!
6. Phase Approved: Phases 1-3

