**SEND ZOODS!**

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**BASIC ZOODS**
- 2 medium zucchinis
- 8 oz Trader Joe's Vegan Kale, Cashew & Basil Pesto
- 1/4 cup raw slivered almonds
- 1 bag sun-dried tomatoes

**EXTRA EFFORT ZOODS**
- Nutritional yeast
- Avocado
- Lemon Juice
- Pine nuts
- Cooked garbanzo beans
- Cucumber
- Spinach
- Red bell peppers

**PROCEDURE**

**01** Spiralize zucchinis into long zoods

**02** In a large bowl, toss zoods with vegan pesto and set aside

**03** Place the almonds in a skillet over low medium heat and stir occasionally until golden brown then remove from heat

**04** Fold the toasted almonds and sun-dried tomatoes into the pesto zood pile until mixed

**05** Munch!

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1 MEDIUM ZUCCHINI HAS MORE POTASSIUM THAN 1 MEDIUM BANANA?
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