

Low Carb Hummus (Bean Free)

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Recipe type: Dip/spread Cuisine: Hummus

Ingredients

- 4 cups peeled & chopped raw zucchini
- ¾ cups tahini (sesame paste)
- ½ cup fresh lemon juice
- ¼ cup olive oil
- 4 cloves of garlic, peeled
- 2 tsp kosher salt (or to taste)
- 1 Tbsp ground cumin

Instructions

1. Combine all ingredients in a blender and puree until thick and smooth.
2. Taste and adjust seasonings to your preference.
3. Pour into a shallow bowl and garnish with parsley, paprika and a drizzle of olive oil if desired. Enjoy!

Nutrition Information

Serving size: 2 Tbsp Carbohydrates: 2.5g net

Recipe by I Breathe I'm Hungry at <http://www.ibreatheimhungry.com/2012/03/low-carb-hummus-bean-free-2.html>