



## ZUCCHINI HUMMUS

Yield: 1/2 cup

### *Equipment*

Blender

### INGREDIENTS

1	zucchini, peeled and chopped
3 tablespoons	lemon juice
3 tablespoons	olive oil
4 cloves	garlic
1 teaspoon	paprika
1 teaspoon	solar-dried sea salt
1/4 teaspoon	ground cumin, optional
Pinch	cayenne
6 tablespoons	tahini
6 tablespoons	sesame seeds, soaked 4 hours

Combine all of the ingredients, except the tahini and sesame seeds in a high-powered blender and puree. Add the tahini and sesame seeds and puree until smooth and creamy. Store in a sealed glass jar in the refrigerator for up to four days.