

No-Bean (Zucchini) Hummus
From Rawvolution, by Matt Amsden

2 zucchini peeled and chopped
¾ cup tahini
½ cup fresh lemon juice
¼ cup olive oil
4 cloves of garlic
2 ½ tsp seasalt (I find 2 to be enough)
1 ½ tsp of ground cumin

In a high speed blender, combine all of the ingredients and blend until thick and smooth.

Notes: The thickness is altered by the amount of zucchini you add. I have made it three times now and it has been more like a thick dip - which is perfect because I dip veggies in it! I have also used it as a spread on bread, and in a pinch I used it to make tuna salad (instead of mayo).