
ZUCCHINI HUMMUS

Ingredients

1 medium zucchini, diced (peel if you desire)
1/3 cup tahini
2 to 3 Tablespoons lemon juice
1 to 2 cloves garlic, minced
1/2 teaspoon salt, or to taste
2 teaspoons ground cumin

Directions

1. Combine all ingredients into food processor, starting with 2 Tablespoons lemon juice and 1 clove of garlic. Blend until smooth and creamy. Add more lemon juice and garlic as desired to make the perfect dip.
2. Serve chilled with vegetable slices, chips or crackers, or use as spread on your sandwich or wrap.

Nutrition Fact calculated through MyFitnessPal.com.

Nutrition Facts

Serving Size: 2 Tablespoons

Servings per Recipe: about 8

Amount per serving:

Calories 60 Calories from Fat 45

Total Fat 5g

Saturated Fat 1g

Trans Fat 0g

Sodium 20 mg

Total Carbohydrates 3g

Dietary Fiber 1g

Protein 2g

Prep time: 10 minutes

Cook time: none

