

Recipe Details

Recipe Name - Raw Zucchini and Red Pepper Hummus (no bean)

Recipe Steps -

Ingredients

- 1 green zucchini, chopped into large pieces
- 1 red bell pepper, chopped into large pieces
- 1/3 cup raw tahini
- 1 lemon, juiced
- 1 to 2 cloves garlic (depending on taste)
- 2 Tbsp Dijon mustard
- 1/4 to 1/3 cup diced green onions (optional)

Instructions

1. Place all ingredients into a high-speed blender except green onions, and blend well, but not too much

2. Once burned, place in a bowl, stir in green onions (if using)

3. You can enjoy it immediately, however, it will be a bit runny at first. Place in the

refrigerator for 30+ minutes to gain a thicker consistency



