



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



