

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



