

Traditional or Zucchini Hummus

1 whole zucchini
1/2 avocado

OR

1 can organic chickpeas

AND

1/4 cup tahini or olive oil (or blend of olive oil and flax oil)
1/2 – 1 tsp celtic sea salt or Himalayan rock salt
1 1/2 tsp ground cumin
1/2 clove mashed garlic
1 inch fresh ginger root, grated
1/4 cup fresh lemon juice
pinch of cayenne

- Process all ingredients in food processor or hand held blender
- If consistency is too thick, add some water
- If serving as a dip- pour some olive oil on top and sprinkle with some paprika, cumin and chopped parsley.

For more delicious recipes, please visit Making Love In The Kitchen at www.meghantelpnerblog.com