

## Zucchini Hummus

Yield: 1- 1 ½ cups

### Ingredients:

1/3 cup      sesame seeds, soaked for 4 hours, rinsed and drained (set aside)

1 cup                      zucchini peeled and chopped, firmly packed  
3 ½ Tablespoons      lemon juice  
1 Tablespoon          flaxseed oil  
4 cloves                  garlic  
1 teaspoon              paprika  
1 teaspoon              salt  
¼ teaspoon              ground cumin (optional)  
Pinch of Cayenne

½ cup                      raw tahini

### Directions:

Combine the zucchini, lemon juice, oil, garlic, paprika, salt, cumin, cayenne in a high speed blender and process until smooth.

Add the tahini and soaked sesame seeds and process until completely smooth and creamy

Store in sealed glass jar in the refrigerator. It will keep for up to 4 days and can be frozen.

Thank you to Chef Matt Samuelson for this recipe