

## No-Bean Hummus

Why "No-Bean" Hummus? Many people find that their digestive system does not like beans and other legumes (or their spouses don't appreciate the after-effects of beans being consumed!).

This is a quick and simple recipe that can be made entirely in your food processor.

2 zucchini, peeled and chopped

$\frac{3}{4}$  cup tahini

$\frac{1}{2}$  cup fresh lemon juice

$\frac{1}{4}$  cup olive oil

4 cloves garlic, crushed

2  $\frac{1}{2}$  tsp Celtic sea salt

$\frac{1}{2}$  Tbsp ground cumin

Combine all ingredients in a food processor; blend until thick and smooth.

Serve with slices of cucumber, zucchini, celery or carrots.

Source: [RAWvolution](#), by Matt Amsden