



Raw Zucchini Hummus

From mysolluna.com

Ingredients

1 organic zucchini

1/2 cup tahini
(preferably raw if you can source it)

1/3 cup lemon juice

1 garlic clove

3/4 tsp. sea salt, or to taste

Raw cut up spring veggies, for dipping

Instructions

1. Blend together the zucchini, tahini, lemon juice, garlic and sea salt until smooth.
2. Place into a secure container and pack for your picnic, along with some freshly cut veggies for dipping