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## Zucchini Hummus

from The Raw Food Revolution Diet  
by C. Soria, B. Davis, & V. Melina

This amazing, bean-free hummus has all the flavor of a traditional Middle Eastern hummus and is full of nutrients, including bone-strengthening calcium. Enjoy it served with Crudites or in romaine lettuce boats with tomatoes and sprouts.

Yields 1 2/3 cups (5 servings)

### Ingredients:

- 1 cup peeled and chopped zucchini, firmly packed
- 3 1/2 tablespoons freshly squeezed lemon juice
- 1 tablespoon flaxseed oil
- 4 cloves garlic
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/4 teaspoon ground cumin (optional)
- pinch of cayenne
- 1/2 cup raw tahini
- 1/3 cup sesame seeds, soaked for 4 hours, rinsed & drained

### Steps:

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

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

Sealed in glass jar in refrigerator, Zucchini Hummus keep for up to 4 days.

### Note:

This recipe is best made in high-speed blender. However, can be made easily in standard blender if processed in two batches. Alternatively, it can be made in a food processor, although the results will be a little different. A food processor will not pulverize the sesame seeds, so the mixture will have whole sesame seeds rather than being smooth and creamy.