

Zucchini Hummus

Created by Jackie Graff
Sprout Raw Food

Serves 8

4 zucchinis peeled and chopped
4 cloves garlic
2 teaspoons salt
1 tablespoon cumin powder
½ cup lemon juice
1 cup macadamia nuts, soaked for 8 hours and drained
½ cup raw tahini

1. Place zucchini, garlic, salt, cumin, olive oil, lemon juice in the blender and blend until smooth. May need more water.
2. Place pine nuts in with this mixture and process until smooth.
3. Add tahini and blend well.

Sprout Suggestion: Place on a plate, swirl humus and drizzle a small amount of olive oil over the humus and place parsley in the center with some parsley and serve with matza.