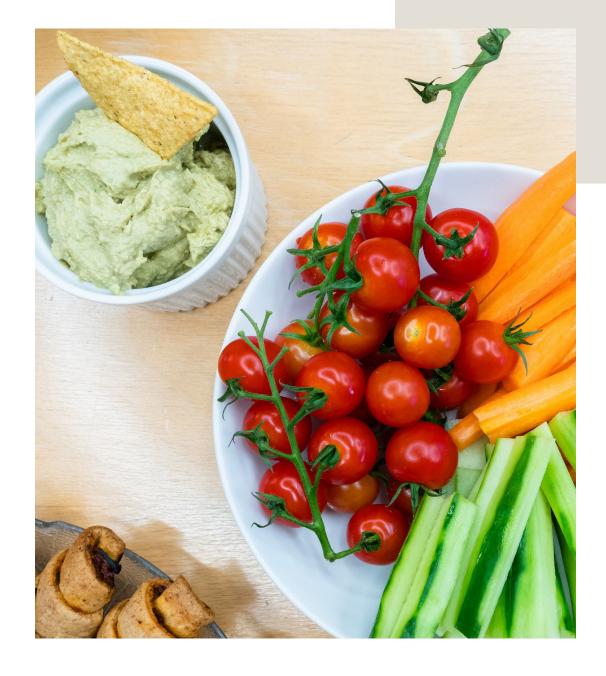
## Paleo-Friendly Zucchini Hummus



## **SHORT STORY**

Dip a couple chips, scoop a couple carrots, dress your salad, or liven up your main course with a few spoonfuls of this paleo-friendly zucchini hummus!









**TIME** 5 Min

**SERVES**2-4 people

**COOK**No Cooking

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## **INGREDIENTS**

- 1 medium zucchini, peeled and chopped
- 1/4 cup freshly squeezed lemon juice
- 1/4 cup tahini
- 4 cloves garlic

- 1 Tbsp. olive oil
- 1 tsp. cumin
- 1/4 tsp. salt
- 1/4 tsp. pepper
- cilantro, to taste
- paprika, for garnish

## **INSTRUCTIONS**

- 1. Blend together the lemon juice and tahini in a food processor until they have combined into a paste. If you want a thicker dip, add a little bit more tahini. For a creamy drizzle with a citrus punch, increase the amount of lemon juice.
- **2.** Add zucchini, olive oil, cumin, garlic, cilantro, salt, and pepper and blend for at least 30 seconds, or until creamy.
- **3.** Taste test your new hummus and add a dash of this or that to perfect the dip.

- **4.** Pour into a serving dish, sprinkle with paprika, and add a few more sprigs of cilantro.
- **5.** Grab your dipping weapons and take a stab at your new creation!