

### **Traditional or Zucchini Hummus**

1 whole zucchini  
1/2 avocado

OR

1 can organic chickpeas

AND

1/4 cup tahini or olive oil (or blend of olive oil and flax oil)  
1/2 – 1 tsp celtic sea salt or Himalayan rock salt  
1 1/2 tsp ground cumin  
1/2 clove mashed garlic  
1 inch fresh ginger root, grated  
1/4 cup fresh lemon juice  
pinch of cayenne

- Process all ingredients in food processor or hand held blender
- If consistency is too thick, add some water
- If serving as a dip- pour some olive oil on top and sprinkle with some paprika, cumin and chopped parsley.

*For more delicious recipes, please visit Making Love In The Kitchen at [www.meghantelpnerblog.com](http://www.meghantelpnerblog.com)*