

Raw Kalamata Olive Hummus

Hummus originates in the middle east and is usually made with garbanzo beans (chick peas). Some people are sensitive to beans, so this recipe uses zucchini in place of the beans. And as an added bonus, this recipe is raw! This goes great with chopped up veggies or some gluten-free flat bread.

Ingredients:

- 2 cups yellow zucchini
(or green zucchini peeled) cut into small cubes
- 2/3 cup raw tahini
- 1/2 cup organic lemon juice (the juice from about 3 large lemons)
- 3 cloves of garlic (crushed and minced)
- 1/2 t sea salt
- 6 T pitted and minced kalamata olives – divided.
(Three tablespoons are for blending with hummus, and three are for garnishing).
- 3 t dried cumin spice
- 1 T extra virgin olive oil (plus a few drops set aside for garnish)
- paprika seasoning



Instructions:

1. Place everything into a food processor fit with an S blade except the paprika seasoning and 3 T kalamata olives.
2. Pulse the food processor to get the mixture started and then blend/process for a minute or two until smooth and creamy. You may need to stop and scrape down the sides a few times to make sure everything gets thoroughly mixed.
3. Do a taste test to make sure the flavor is right. Add more seasoning if desired.
4. Place in the refrigerator for a half hour to cool.
5. Pour into a bowl and garnish with minced kalamata olives, lightly sprinkled paprika, and a few drops of olive oil.
6. Serve with your favorite chopped veggies or pita bread.

****Tip:** Zucchini has a water content, so the hummus could be a little more runny than traditional hummus. To avoid this, sprinkle chopped zucchini with sea salt and let sit for 20 minutes prior to blending. **The salt will cause the zucchini to sweat** . Once the 20 minutes are up, you can put the zucchini in a salad spinner to spin off excess water.