

Romaine Wraps with Zucchini Hummus

Serves 2-4

6 very large romaine lettuce leaves
2 ripe tomatoes chopped
Sprouts
Shredded carrots
1 recipe zucchini hummus

- Prepare the lettuce leaves by washing them and then patting dry.
- Divide the zucchini hummus among the leaves, top with, tomatoes sprouts and carrots wrap them over and keep them secure with a toothpick!

Zucchini Hummus

2-4 servings

¼ cup sesame seeds ground into a powder, if you don't have a spice grinder soak the sesame seeds for 4 hours in water and drain
½ -1 tsp Celtic sea salt (start with ½ you can always add more)
2 cloves chopped garlic (2 tsp)
2 cups chopped zucchini
1/2 cup tahini
¼ cup lemon juice
1 ½ tsp ground cumin
2 Tb olive oil
Pinch cayenne

- Put sesame seeds, sea salt and garlic into a food processor.
- Process into small pieces.
- Add the rest of the ingredients and process until smooth.
- Serve with celery sticks, endive or flax crackers