

Zucchini Hummus

Tahini is a nutritional powerhouse, it contains all the essential amino acids, making it a high quality protein, plus it is rich in lecithin, vitamin E and calcium. It is easily digestible because its high alkaline mineral content neutralizes the acid end products of the protein. Since there are no beans in this hummus, it is very easy to digest.

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

¼- ½ tsp Celtic sea salt (start with ¼ 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