



# Laura's Recipe Corner

Great Recipes from Laura McKay!

## Creamy Zucchini Hummus

<http://sophieuliano.com/recipes/creamy-zucchini-hummus-from-meghan-telpner/>

Prep time: 15 minutes; Makes 1 1/2 cups

### Ingredients:

- 1 zucchini, peeled and chopped (about 2 cups)
- 1/2 avocado
- 1/4 cup tahini
- 1/4 cup fresh lemon juice
- 2 Tbsp olive oil
- 1/2 inch fresh ginger
- 1/2 clove garlic (or a full one, if your friends can handle it)
- 1/2 tsp salt
- Pinch of cayenne (optional)



### Directions:

1. Place all the ingredients in a food processor and process until smooth.
2. Stop occasionally to scrape down the sides of the bowl with a rubber spatula.
3. Store in the fridge in an airtight container for up to 4 days.

*Excerpted from The UnDiet Cookbook: 130 Gluten-Free Recipes for a Healthy and Awesome Life by Meghan Telpner. Copyright © 2015 Meghan Telpner. Photography Copyright © 2015 Maya Visnyei and Catherine Farquharson. Published by Appetite by Random House, a division of Random House of Canada Ltd., a Penguin Random House Company. Reproduced by arrangement with the Publisher. All rights reserved.*

*To make it festive for the Christmas holiday season, use grape tomatoes, radish, snap peas and bell pepper to compliment the dip. ~Laura McKay, B.S., Health Educator*

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