



Zucchini Avocado Feta Hummus

Ingredients

- 1/2 cup roasted tahini
- 1/2 cup olive oil
- 2 cloves of garlic
- 2 15 oz cans of chickpeas, drained
- 1/4 cup **MicroDried® Zucchini Powder**
- 1 medium avocado, ripe
- 1/3 cup fresh parsley
- 1/4 cup crumbled feta cheese
- Juice of one lemon
- 1 tsp salt
- 1/2 tsp pepper
- 1/4 tsp cayenne pepper
- 1/2 cup water



Process

1. In a food processor, blend tahini, olive oil and garlic until smooth. Add all remaining ingredients and blend until desired consistency is achieved. It may take 5-8 minutes to create a traditional smooth hummus consistency.
2. If mixture is too thick, add water or olive oil in one tablespoon increments and continue to blend.

Use immediately or refrigerate in an airtight container for up to 7 days.

Optional garnish: Olive oil, paprika, fresh herbs, toasted nuts, crumbled feta