



zucchini avocado feta hummus

- +1/2 cup roasted tahini
- +1/2 cup olive oil
- +2 cloves of garlic
- +2 15oz cans of chickpeas, drained
- +1/4 cup **Milne 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

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.

featured product

Milne MicroDried® Zucchini Powder

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

seasoned zucchini chips

featured product

Milne MicroDried® Zucchini Slices

- + 2 oz **Milne MidroDried® Zucchini Sliced**
- + Oil spray
- + 2 tbsp seasoning of choice
- + Dash of salt/pepper if needed

Add zucchini slices to a large ziplog bag. Spritz with oil spray until lightly coated, close bag, and shake. Add all seasonings of choice, close bag and shake vigorously until slices are coated.

Can be kept at room temperature in an airtight container for up to two weeks.

