

## *NO-BEAN HUMMUS*

3 to 4 zucchinis, peeled and chopped  
3/4 cup creamy and raw sesame tahini (MaraNatha or other good brand)  
1/2 cup fresh lemon juice  
1/4 cup olive oil (extra virgin, first cold pressed, and organic)  
4 cloves garlic, peeled  
2 1/2 teaspoons Celtic sea salt  
1/2 tablespoon ground cumin

In a blender, combine all of the ingredients and blend until thick and smooth.

Serving Suggestions: Serve with the onion breads (See Dehydrated Recipes) and as a dip with crudités.

(From Matt Amsden's book: RAWvolution)