

## **Lemon Herb Hummus**

*Oh, this is good - much better than the SAD version.  
Serves 6-8 as a dip*

### **Ingredients:**

2 large zucchini, peeled and cut into large pieces  
1 large avocado  
1/4 C raw tahini  
juice of 3 lemons  
1/4 C sunflower seeds, soaked for 1-2 hours  
1/4 C pine nuts (or you can use an additional 1/4 C sunflower seeds)  
1/4 C olive oil  
4 fresh basil leaves (or 1 1/2 t dried)  
1 full stem of fresh dill (or 1 1/2 t dried)  
2 T honey  
1 1/2 t sea salt  
1/2 t minced garlic



### **Preparation:**

Drain the sunflower seeds. Combine all ingredients in a vitamix or high-powered blender\*. Process until smooth.

\*I have tried this recipe in a food processor and it works fine as long as you don't mind a grainy consistency.

This recipe is from The Raw Table

Complements of Spirit Touch Living Light Center

<http://www.spiritouch.com>