

For all the paleo peeps out there who miss hummus (but not the beans) we have a treat for you.

Enter beanless avocado hummus.

Of course, this recipe is for anyone looking for a twist on the traditional hummus, and will be especially cherished by avocado lovers. We have double the avocado here, featuring the fresh version and a dash of our 100% unrefined avocado oil. Avocados are a rich source of healthy, anti-inflammatory monounsaturated fats, and are also high in anti-aging vitamin E and a host of minerals, so don't feel guilty about dipping in for seconds ... or thirds.

Avocado Hummus

Prep time: 10 minutes

Total time: 10 minutes

Serves: 4 cups

Equipment needed:

Food processor

Ingredients:

- 2 large, ripe avocados, pitted and peeled
- 2 medium zucchini, peeled and deseeded
- 2 tbsp Ava Jane Avocado Oil
- 1 tsp lemon juice
- ½ cup tahini
- ½ tsp cumin
- ½ tsp paprika
- 1 tsp minced garlic
- Sea salt to taste
- Parsley or other fresh herbs for garnish

Instructions:

1. Place all ingredients in a food processor and process on high until smooth. You may have to scrape the sides as necessary until everything is thoroughly combined.
2. Transfer to a bowl, garnish with herbs, and serve with your favorite crackers or veggies.