

Zucchini Hummus

Serves 6*

Ingredients:

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| 1 cup peeled & diced zucchini | 2 tablespoons olive oil |
| 2 tablespoons tahini | ½ teaspoon sea salt ,or to taste |
| 2 to 3 tablespoons fresh lemon juice | 2 teaspoons ground cumin |
| 3 cloves garlic | |

Instructions:

Add garlic to a blender or mini food processor and blend until garlic is diced. Add the lemon juice, and tahini.

Blend until smooth and creamy, then add zucchini and olive oil.

Blend just until smooth.

Add cumin and ½ teaspoon salt or as desired to make your perfect dip.

Stir to blend and chill in refrigerator for an hour or overnight.

Serve chilled with your favorite veggies or crackers. Enjoy!

Kcal: 81

Protein: 1.4 gm

Arginine: 19 mg

Methionine: 5 mg

*Nutritional information is per serving.

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