

# Better Vegan Oil-Free Raw Zucchini Hummus



Source: Kimberly Snyder, Better Vegan  
Category: Vegan Appetizers  
Prep Time: 10 min Cook time: 12 min Total Time: 22 min  
Serves 6 to 8

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## Ingredients:

2 small organic zucchinis, peeled and finely chopped or grated, or 1 large zucchini, peeled, seeded and finely chopped or grated  
2 heaping Tbsp. of raw organic tahini  
2 Tbsp. nutritional yeast  
1-2 Tbsp. lemon juice (start with 1 Tbsp., then add more if needed)  
3 garlic cloves, chopped  
1 tsp. pink Himalayan salt or to taste  
Pinch of black pepper

Recipe Link:

<https://www.betterveganrecipes.com/raw-zucchini-hummus>

## Instructions:

1. Prepare the ingredients.
2. Toss zucchini with a little bit of salt in a medium bowl, then transfer to the mesh strainer and allow to drain for at least 10 min. That will release any extra juices. Reserve the liquid.
3. Put all ingredients except zucchini liquid in a high-speed blender or a food processor and blend until smooth. If the hummus is too thick, add some reserved zucchini liquid a little bit at a time, until the desired consistency is achieved. Adjust seasonings to taste and blend again.
3. Chill and serve.

## Notes:

The hummus will thicken a bit when refrigerated.

## Equipment needed:

Blender or food processor.

## Serving suggestion:

Serve with veggie sticks or vegan crackers. It is also great on [Better Vegan Grain-Free Gluten-Free Bread](#).