

Hummus

THM-Friendly: E

- 1 can chickpeas, drained
- 1 cup (approximately) summer squash, peeled and diced
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 1/2 Tbsp. MCT oil
- 1/2 tsp. tahini
- 1/3 cup non-fat Greek yogurt
- 1/3 cup lemon juice
- mineral salt to taste (start with 1/2 tsp.)



Put in a food processor, and blend until smooth.

Season to taste with cayenne, hot sauce, extra garlic, and/or roasted red peppers.

Eat with your favorite non-starchy veggies, low-carb tortilla chips (homemade) or on-plan crackers.

** Dill Pickle Hummus Variation: Leave out lemon juice, add 2-3 dill pickles

How to make Low Carb Tortilla Chips:

- 1 Low Carb Tortilla

Using a glass plate cut the tortilla into small pieces; shape as desired. Place around the plate, not overlapping. Cook in the microwave for 1 minute. Flip and cook for another 1 minute, then 20-second intervals until crisp, WATCH THEM CLOSELY!

Spray lightly with cooking spray and season as desired with salt, and creole. If you make a dessert hummus you could do sweetener and cinnamon.

It will thicken more as it cools.

enJOY!

