Low FODMAP Zucchini Hummus

Ingredients

- 3 zucchinis
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tbsp garlic infused olive oil
- 2 tbsps tahini
- 2-3 tsps fresh lemon juice
- salt and pepper to taste
- a pinch of smoked paprika (optional)

Directions

- Set the oven to 175°C
- Cut the zucchini lengthwise into slices 2-3 cm in thickness and lay them out on a large baking sheet.
- Sprinkle the zucchini slices with salt, pepper, and 1 tbsp of garlic infused olive oil and put in the oven for 20 minutes, until the zucchini is well cooked. Flip them over after 10 minutes to ensure they are well cooked on both sides. Don't worry if the edges begin to darken, it will add more flavour to the hummus.
- Once the zucchini is cooked into a blender. Add the tahini, lemon juice and blend until smooth. You may need to add more olive oil depending on the consistency of the hummus.
- Transfer to a bowl and leave in the fridge to cool (although this also tastes good warm).
- Before serving sprinkle a pinch of smoked paprika on top for an extra kick of flavour.