

Avocado Zucchini Spread

Ingredients:

- Zucchini, 2
- Avocado, 1
- Pumpkin seeds, raw, 1/2 cup
- Lemon juice, 1 Tbs
- Water, 1/2 cup
- Pink salt to taste

Yield: 4 cups

Equipment: blender, knife, cutting board



Preparation:

- Place all ingredients into the blender.
- Blend well until smooth and creamy. Add a bit more water if needed.
- Serve as a spread on top of crackers or breads or with cut up vegetables.
- Store in the refrigerator for up to 4 days.

Recipe variations:

- Add different fresh or dried herbs (mint, rosemary, dill, cilantro)
- Add different seeds (flax, sesame, sunflower)