



Homemade Macadamia Low Carb Hummus

Description

Delicious hummus recipe. You will love it.

Prep time: Five minutes

Total time: Fifteen minutes

Servings: 3

Ingredients

- 1.1lb of macadamia nuts
- 6 tablespoons of extra virgin olive oil
- 1 clove of garlic
- 4 tablespoons of lemon juice and zest from lemon
- 1 Tablespoons of fresh rosemary, chopped
- Optional: 4 tablespoons of nutritional yeast (1.7 oz)
- 1/4 cup of hot water (60 ml)

Instructions

1. Place the olive oil, macadamia nuts, lemon juice & zest, garlic, nutritional yeast, and rosemary into a good processor. Blend on medium speed until oils are released from nuts.
2. Blend again for some minutes and add in some hot water. Serve with keto crackers or crispy vegetables. It can be stored in the refrigerator for about ten days.