
Macadamia Nut Hummus

Modified recipe from [The Keto Beginning](#) meal plan and program for women.

2 net carbs per serving.



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Servings: 4

1/2 c macadamia nuts, Soak in water for 24 hours, drain and rinse.

1 tsp olive oil

2 cloves garlic

1 tbsp lemon juice

1 tbsp water

1 tbsp tahini

pinch cayenne pepper

salt and pepper, to taste

DIRECTIONS

Add all ingredients to your food processor or high-powered blender. Blend on high until smooth.

Transfer to an air-tight container and store in the fridge up to 5 days.

Jazz up your hummus by adding:

Avocado and coriander

Greek olives and ground peppercorns

Cilantro and minced jalapeño

Chopped mushrooms and roasted garlic

Red Peppers and diced onion

Shredded fresh spinach and feta

Per Serving: 153 Calories; 15g Fat (85.2% calories from fat); 2g Protein; 4g Carbohydrate; 2g Dietary Fiber.

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