

# Healthy Macadamia Keto Hummus

Hands-on 5 minutes Overall 10-15 minutes

**Nutritional values (per serving, about 2 tbsp):** Total carbs: 4 g, Fiber: 2.3 g, **Net carbs: 1.6 g,**

Protein: 2.7 g, Fat: 19.3 g, Calories: 188 kcal,

[Original recipe, Keto Diet App - The ultimate low-carb diet app](#)



## Ingredients (makes about 3 cups)

500 grams of [macadamia nuts](#) (1.1 lb)

6 tbsp [extra virgin olive oil](#) (90 ml)

1 clove garlic

juice and zest from one lemon (approx. 4 tbsp)

2 tbsp fresh rosemary, chopped

*Optional:* 4 tbsp [nutritional yeast](#) (48 g/ 1.7 oz)

1/4 cup hot water (60 ml)

## Instructions

1. Macadamia nuts do not need to be soaked prior to this recipe. However, if you [prefer soaking the macadamia nuts](#), place in a bowl and add filtered water. Soak for up to 3 hours. Then drain and rinse.
2. Place macadamia nuts, olive oil, garlic, lemon juice and zest, rosemary and nutritional yeast into a [food processor](#).
3. Process on medium speed until oils start to release from nuts.
4. The mixture will look awful at this point, with lumps of nuts and lots of oil. Don't panic. Process a few minutes longer and then start slowly adding the hot water.
5. The mixture will turn light, creamy and smooth. Serve at room temperature just like you would hummus: with crispy vegetables or [keto crackers](#).
6. Store in the refrigerator, covered, for up to 10 days.

## More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)