

Healthy Homemade Hummus – Vegan

Prep Time: 3 minutes
Total Time: 3 minutes

Yield: 1 cup
Serving Size: 8
Calories per serving: 35
Fat per serving: 1 gram

'Engine 2 Diet', by Rip Esselstyn, p- 236.

Ingredients

- 1 (15-ounce) can chickpeas, rinsed and drained
- 2 cloves garlic, chopped
- 2-3 tablespoons fresh lemon juice
- 1 teaspoon Bragg Liquid Aminos or low-sodium tamari
- 3 tablespoons water or vegetable broth

Instructions

1. Blend all the ingredients into a thick paste, using a small amount of water as necessary to achieve desired consistency.

Notes

Nutrition facts (per serving – 2 tablespoons): Calories: 35, from fat: 0, total fat: 1g, cholesterol: 0mg, sodium: 42mg, total carbohydrate: 6g, fiber: 2g, sugar: 1g, protein: 2g.