

# Healthy Hummus – Vegan – SOS

Prep Time: 20 minutes  
Total Time: 20 minutes

Serving Size: 6  
Calories per serving: 195  
Fat per serving: 2.5 grams

*'The Health Promoting Cookbook', by Alan Goldhamer, D.C., p- 144.*

## Ingredients

- 4 cups cooked garbanzo beans, well drained
- 1 1/4 cups vegetable stock or celery juice, and extra as needed for a creamy texture
- Juice of 1 1/2 lemons
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 10 large, fresh basil leaves, finely chopped, or 2 tablespoon dried
- 1/2 tablespoon parsley flakes, or handful of fresh cut leaves (optional)

## Instructions

1. Blend the beans, stock or celery juice, lemon juice, garlic, and cumin in a food processor until smooth.
2. Transfer into a bowl, and mix in the minced basil and parsley.
3. Chill and serve.
4. Garnish with additional basil leaves and/or diced tomatoes.

## Notes

Nutrition facts (per serving): Calories: 195, from fat: 21, total fat: 2.5g, cholesterol: 0mg, sodium: 66mg, total carbohydrate: 31g, fiber: 1.1g, sugar: 5g, protein: 11g.