



# FORKS OVER KNIVES

## Healthy Homemade Hummus | by Rip Esselstyn

From *The Engine 2 Diet*

Serves 4-6



2 cans chick peas, rinsed and drained  
3 cloves garlic  
Juice of 1 lemon  
2 teaspoons ground cumin  
2 teaspoons Bragg Liquid Aminos  
1/4 cup water or vegetable broth

### *Instructions:*

Blend all ingredients into a thick paste.

### *Variations:*

Customize by adding one or more of the following:

2 tablespoons toasted sesame seeds  
1 fresh jalapeno, seeded and chopped  
1 roasted and chopped red bell pepper  
1 cup dark or Kalamata olives  
1 bunch fresh mint  
1 cup fresh spinach  
1 cup cooked eggplant