



THE BEST OIL-FREE HUMMUS

By Rip Esselstyn

Makes 1 batch

Preparation Time: 10 minutes

INGREDIENTS:

2 cans chickpeas, rinsed and drained

3 cloves garlic

Juice of 1 lemon

2 teaspoons ground cumin

2 teaspoons Bragg Liquid Aminos

¼ cup water or vegetable broth

Virtually nonfat, this tasty, oil-free hummus recipe is the healthy antidote to your hummus cravings. You can find a store-bought variation of this no-cook recipe in almost any grocery store, but 95 percent of them are made with added olive oil and tahini (sesame paste), which pushes up the fat content. Your best bet is to take three minutes to whip up a batch of homemade, oil-free hummus on Sunday that will last you through the week. Enjoy it with crudites, on toast, in wraps, bowls, and more.

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 Kalamata olives

1 bunch fresh mint

1 cup fresh spinach

1 cup cooked eggplant

<https://www.youtube.com/watch?v=ayQMhEICFyo>