

Engine 2's Homemade Low-Fat Hummus

Ingredients:

- 1 Can Chickpeas, rinsed, drained
- 2 Cloves Garlic, chopped
- 2-3 Tbs fresh lemon juice
- 1 tsp Bragg Liquid Aminos or low-sodium Tamari
- 3 Tbsp water or vegetable broth

Directions:

1. In a blender or food processor, blend all the ingredients into a thick paste, using a small amount of water or broth as necessary to achieve desired consistency.

You can customize by adding one or more of the following variations:

- 2 Tbsp toasted sesame seeds
- 1 fresh jalapeno, seeded, chopped
- 1 roasted, seeded and chopped red bell pepper
- 1 C dark or kalamata olives
- 1 bunch fresh mint
- 1 bunch fresh spinach
- 1 cup roasted eggplant