

Easy, Fat-free Hummus



- 1 15-oz. can garbanzo beans (drain and **reserve liquid**)
- 2 cloves of garlic, minced
- 1/2 tsp. cumin
- 2 tsp. Braggs Liquid Aminos, or Low-sodium soy sauce or Tamari
- 1/4 tsp. black pepper, or to taste

- 1) Remember to reserve the bean liquid.
- 2) Combine beans, garlic, and cumin in food processor.
- 3) Blend on low speed, gradually adding the reserved liquid until desired consistency is achieved.
- 4) Add Braggs and pepper to taste, and process until smooth.
- 5) Serve with pepper strips, cucumbers, other veggies, crackers, or tortilla chips.

Cyd Notter, Nutrition Educator, Author, Coach

www.cydnotter.com

Copyright © Cyd Notter / The "Plan A" Diet