



# 60 Days to Reclaim YOUR Health

## HUMMUS

Inspired by *Everyday Wholesome Eating*, by Kim Wilson

### Ingredients

1 can chick peas (drained)  
1/2 tsp unrefined sea salt  
1/8 tsp ground cumin  
1 tsp olive oil  
1-2 cloves garlic  
Juice of 1 lemon (1/4 cup)

### Directions

1. Puree all ingredients in a food processor until smooth.
2. Add liquid from canned beans if mixture is too thick.
3. Before serving you may drizzle 1 Tbsp olive oil over top and sprinkle with paprika in a serving dish (optional).

**A great dip for pita bread, tortilla chips and vegetables.  
Great for parties and potlucks, too!**