

LOVE STARTS IN THE KITCHEN – THE BEST DOCTOR IS THE COOK™
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Susan,

One of your listeners stopped by during my Macy's demo and asked if I'd share a hummus recipe with her. Being from a large Lebanese family, hummus is one of the items I keep in the refrigerator.

- **Why Hummus is so good for you:**
 1. **Garbanzo (chick peas/ceci beans) contain phytoestrogens and antioxidants which may help lower cholesterol. Beans are rich in complex carbs which are digested more slowly. This helps keep blood sugar level. Garbanzos, like most beans, are a wonderful source of fiber, iron, calcium and protein. Olive oil is a great, heart healthy oil.**
 2. **Tahini is a good source of calcium (keep your Tahini which is made from sesame seeds in the refrigerator – it lasts a long time).**

MY FAMILY'S HUMMUS

A "to taste" recipe. I usually add more lemon juice, Tahini, olive oil and cumin.

1 can, 15 oz., organic chick peas (garbanzo beans), drained
1 teaspoon minced garlic
1/4 cup lemon juice
3 tablespoons Tahini
2 tablespoons olive oil
1/2 to 1 teaspoon cumin
Sea salt to taste
2-4 tablespoons organic plain yogurt

Mash chick peas by hand or in a food processor. You can leave them slightly lumpy or make them smooth. Add everything else and blend well. Serve with pita wedges, as a sandwich spread or with raw veggies and a bowl of olives. Store, covered, in refrigerator, for one week.

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READ RITA!

My books: *Gifts without Ribbons, Culinary Herbs that heal Body and Soul,* and *The Official Snack Guide* are available at Susan's Natural World.