



## Yogic Diet

### Raw Diet (Great for Fruit, Nut and Veg diet too)

#### Raw Hummus

- 250g sprouted chick peas
- 2 tbsp tahini
- 2 tbsp olive oil
- Lime juice to taste
- 1 tbsp Braggs
- 4 cloves garlic
- Water to mix

Put all ingredients into blender and blend together, add water as needed.