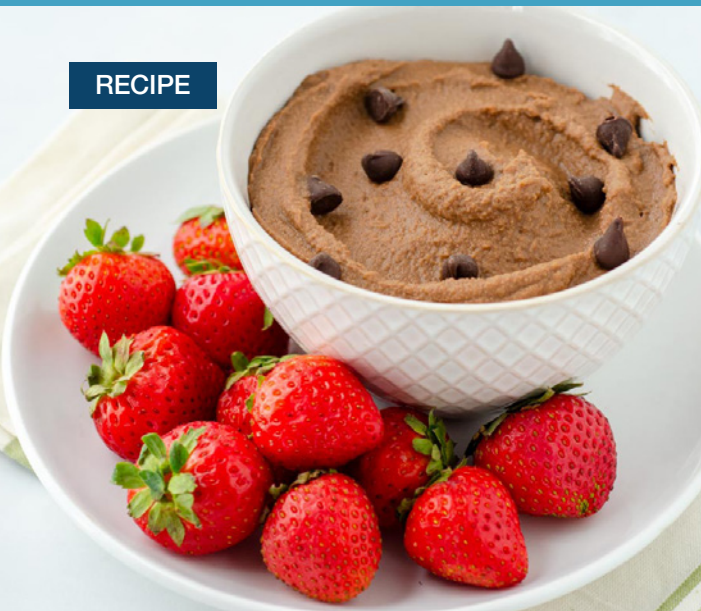


RECIPE



Brownie Batter Hummus

Yield: 4+ servings

This delectable dessert dip contains powerful nutrients that can help to prevent hormone-related diseases.

Ingredients

- 1 15-ounce (228-g) can low-sodium chickpeas, drained and rinsed
- 1/4 cup (60 mL) plain soy or almond milk
- 1/4 cup (22g) unsweetened cocoa powder
- 3 tablespoons (45 mL) agave nectar or maple syrup
- 1 teaspoon (5 mL) vanilla extract
- 1/8 teaspoon (0.756 g) iodized salt
- 1/4 cup (42 g) vegan chocolate chips

Directions

1. In a food processor, combine chickpeas, nondairy milk, cocoa powder, agave nectar (or maple syrup), vanilla, and salt. Process until smooth. Add more milk as needed for desired consistency.
2. Transfer hummus to a serving bowl. If using, stir in chocolate chips. Optional: Melt chocolate chips and drizzle on top. Serve dip with fruit or pretzels.

PhysiciansCommittee[™] for Responsible Medicine

Since 1985, the Physicians Committee has been advancing health care through preventive medicine, especially good nutrition, and through implementation of clinical research. Nearly 1 million members and supporters are dedicated to creating a healthier, more compassionate future.



PCRM President Neal Barnard, MD, addresses the organization's annual International Conference on Nutrition in Medicine.

Preventive Medicine

In addition to the **Food for Life** nutrition and cooking program, the Physicians Committee promotes preventive medicine in the following ways:

- Advocating for reforms to federal nutrition policies
- Conducting clinical research trials that are breaking new ground in prevention, treatment, and even reversal of diabetes and other serious health conditions
- Supporting health care professionals' efforts to advise patients on the benefits of eating a healthy diet through extensive outreach efforts to the medical community and beyond

Physicians Committee for Responsible Medicine

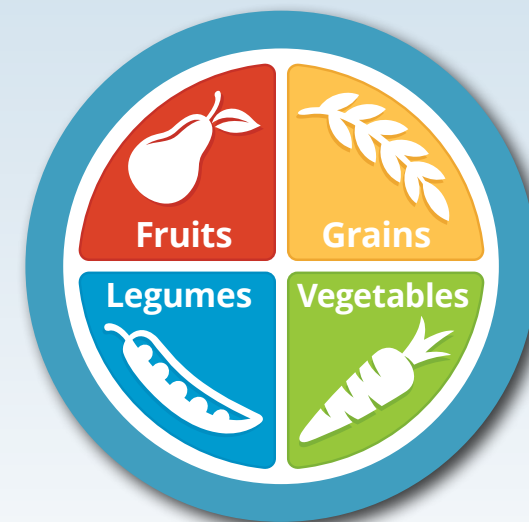
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PCRM.org

FOOD FOR LIFE



The Power of Food for Health

PhysiciansCommittee
for Responsible Medicine



Community Nutrition and Cooking Program

Promoting Plant-Based Eating for
Disease Prevention and Survival

FFLClasses.org



Each Food for Life Class Includes:

- Specific information about how certain foods and nutrients work to promote or discourage disease.
- Practical cooking skills and tips for making healthful eating habits part of daily life.
- Cooking demonstrations and sampling of delicious, healthful recipes that can be easily made at home.
- Support and motivation to empower participants to take charge of their health.

Food for Life Classes and Topics



To see the full listing of available multilingual Food for Life class curricula, visit our class page here:

What Is Food for Life?

Food for Life has pioneered using culinary medicine to help class participants prevent and reverse chronic disease since 2001. Designed by physicians, nurses, and dietitians, classes deliver the scientific research behind food as medicine, and we reach people where they are in their communities around the globe. Class participants not only learn why healthful eating is critical to reducing their disease risk, they also take away valuable cooking and kitchen tips to simplify healthy cooking in practice.

How Can Food for Life Help You?

Food for Life classes can help you, your community, your employees, and/or your patients reduce their risk for a host of chronic diseases, including obesity, heart disease, diabetes, and cancer. Our stand-alone and multi-class series can be presented in nearly any community environment. Licensed Food for Life instructors provide classes and delicious food samples in a host of community venues, including institutions like schools and hospitals, in workplaces, and at large-scale events. Classes can be delivered in person, virtually, or in a hybrid format.



Food for Life Resources

Visit our webpage at FFLClasses.org to:

- Discover the network of Food for Life instructors and institutions around the world.
- Find a class in your area.
- Request a class in your community.
- Connect directly with a local Food for Life instructor or institution.



Food for Life Program Training

Would you or your institution like to become licensed to teach classes in your community? To learn more about our in-depth training program, visit FFLTraining.org.

We reach hundreds of thousands of individuals each year with lifesaving information!