Hummus

2 cups cooked garbanzo beans
1/4 cup green onion, chop fine
2 Tbsps Bragg Organic Extra Virgin Olive Oil
1/2 tsp Bragg Organic Sprinkle
1 1/2 tsps Bragg Liquid Aminos
2 Tbsps Bragg Nutritional Yeast
2 cloves garlic, crush
1/4 cup parsley, chop fine
1/4 cup Tahini
2 Tbsps lemon juice

Purée cooked garbanzo beans with lemon juice, Bragg Organic Olive Oil, Bragg Aminos and Tahini in food blender, add small amount of purified distilled water if needed to make desired consistency when blending. Then blend in green onions, parsley, garlic, Bragg Organic Sprinkle. Lastly, garnish with paprika and Bragg Nutritional Yeast. Makes 2 delicious cups.
The World’s Finest Organic Extra Virgin Olive Oil comes from BRAGG

The first cultivation of the olive tree took place in Greece around 3500 BC, on the island of Crete. Shortly after, olive cultivation then spread across to mainland Greece. The olive tree and its blessed product, olive oil became synonymous of the Greek nutrition through the centuries. The olive tree was a symbol in ancient Greece and the olive oil was used not only for its valuable nutritional quality and for medicinal purposes.

In 400 BC, Hippocrates, the Father of Medicine, used and wrote about the great health benefits of olive oil and called it “the great therapeutic”. Now, Greek organic extra virgin olive oil remains the world’s finest olive oil on the planet today.

Why Award Winning Bragg Organic Extra Virgin Olive Oil?

Bragg Organic Extra Virgin Olive Oil is the finest and highest quality available in the world today. There are many reasons why Bragg Organic Olive Oil is the best:

- USDA Certified Organic
- Premium Quality First Cold Pressed
- Unrefined – Unfiltered
- Non-GMO
- Kosher Certified
- Rich in Heart Healthy Mono-unsaturated Fat and Important Natural Antioxidants
- Meets and Exceeds the International Olive Oil Council’s (IOOC) stringent standards of quality and purity, verified through comprehensive scientific testing
- Centuries-Old Health and Beauty Skin Oil

Unique Centennial Bragg Organic Extra Virgin Olive Oil

In celebration of our 100th Anniversary, Bragg created a unique premium extra virgin olive oil. This prized organic olive oil includes the oil from organic Koroneiki olives harvested from century-old trees grown in Greece. These trees produce the richest and finest quality organic extra virgin culinary olive oil in the world.

The Paul and Patricia Bragg Centennial Olive Tree – Corinth, Greece

Why People use Bragg Organic Extra Virgin Olive Oil

Health conscious consumers and cooks worldwide use Bragg Organic Extra Virgin Olive Oil everyday as part of a healthy diet. Key reasons why people choose Bragg Organic Olive Oil are for its excellent culinary uses by adding it to foods and recipes, for health and wellness purposes and as a natural and organic beauty aid.

Great Flavor for Foods & Recipes

Professional Chefs, Culinary Experts and Home Cooks alike, love using Bragg Organic Extra Virgin Olive Oil in their dishes and recipes. It offers the richest organic culinary olive oil available on the market. Its delicious and pure tasting, adding perfect flavor to salads, vegetables, pastas, sauces, sautes, dressings, dips and even popcorn! It has excellent flavor that is unique to a high quality extra virgin olive oil. Bragg Organic, Greek Olive Oil is prized by culinary experts for its superior award winning flavor.

Health & Wellness

The Mediterranean Diet has been heralded as one of the healthiest and most flavorful diets in the world, in part due to the use of olive oil.

Bragg Organic Extra Virgin Olive Oil is rich in heart-healthy mono-unsaturated oil and natural polyphenol antioxidants. The ideal culinary oil for health conscious cooks who seek the best in health and flavor. Physicians and Nutritionists recommend extra virgin olive oil as the preferred health oil to use in food preparation for overall heart health and wellness!

Natural, Healthy Beauty Aid

The ancient Greeks cleansed and moisturized their skin with extra virgin olive oil and as a result, for millennia, this precious oil has been used in many expensive beauty creams and products. Applying extra virgin olive oil to the skin helps prevent moisture loss, soothes inflammation, has anti-microbial effects and imparts a lovely soft skin sheen. It contains skin-friendly natural substances, including antioxidants and the anti-inflammatories.

To learn more about Bragg Organic Extra Virgin Olive Oil ~
video, recipes & more information visit: www.BraggOrganicOliveOil.com