



Jalapeno Hummus

12 servings

10 minutes

Ingredients

- 1 1/2 cups Chickpeas (Approximately 1-15 oz can, partially drain off liquid)
- 1/4 cup Tahini
- 1 Jalapeno Pepper (roughly chopped)
- 1 clove Garlic
- 1/3 cup Finely Chopped Fresh Cilantro
- 1/2 tsp Sea Salt
- 1/2 Lemon (juiced)
- 1/2 Lime (juiced)
- 2 tbsps Extra Virgin Olive Oil

Directions

- 1 Add all ingredients together in a food processor or high-speed blender. Blend until a creamy consistency forms, scraping the sides down as needed. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days, or freeze for up to six months.

Serve it With, Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

More Flavor, Use olive oil, avocado oil, broth and/or leftover liquid from the chickpeas instead of water.

Consistency, If hummus is too thick, add one tablespoon of cold water at a time.

Too Spicy?, If this is too spicy, consider removing the seeds and ribs of the jalapeno.