

Jalapeño Hummus

Servings: 8 | Prep/cook time: 10 minutes

Ingredients:

1 cup canned chickpeas
1/3 cup canned jalapeño pepper
slices, juice reserved
3 tbsp. tahini
3 cloves garlic, minced
2 tbsp. lemon juice
1/2 tsp. ground cumin
1/2 tsp. curry powder
1/2 tsp. crushed red pepper (more
if you like)



Directions:

1. Add all ingredients to a blender or food processor and blend until smooth.
2. Enjoy with veggie sticks, pita bread or your favorite dipper.