

# Spicy Hummus

Gluten-free flatbread or crispy crackers are the perfect partners for this zesty sesame-flavored garbanzo bean spread.

## WHAT YOU NEED:

- 2 cups canned garbanzo beans, rinsed and drained
- 2 cloves garlic, finely minced
- 1 teaspoon minced jalapeño pepper
- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 tablespoons lemon juice
- 3 tablespoons tahini (sesame paste)
- 3 tablespoons olive oil
- ½ to 1 cup tomato juice
- Chopped gluten-free black olives (optional)
- Coarsely chopped tomato (optional)

## TO MAKE THE HUMMUS:

- 1 Place garbanzo beans in a food processor. Cover and process until blended. See Photo A.
- 2 Add garlic, jalapeño pepper, salt, and black pepper. Cover and process until combined. See Photo B. Add lemon juice, tahini, and olive oil. Cover and process until well blended. Mixture will be thick.



- 3 With machine running, slowly add enough tomato juice to make mixture the desired consistency. See Photo C. Transfer to a serving bowl. If desired, garnish with olives and tomato. Serves 10.

**Note:** Garlic must be finely minced for uniform flavor.

## Nutrition Per Serving:

125 calories, 7g fat, 1g saturated fat, 0mg cholesterol, 418mg sodium, 13g fiber, 3g fiber, 3g protein



A



B



C