

# SPICY JALAPENO HUMMUS



VantageWellness.com

Yields: 8 servings

## Ingredients

- 1 c garbanzo beans
- 1/3 c canned jalapeno pepper slices, juice reserved
- 3 tbsp tahini or 2 tbsp olive oil
- 3 cloves garlic, minced
- 2 tbsp lemon juice
- 1/2 tsp ground cumin
- 1/2 tsp curry powder
- Crushed red pepper to taste
- Cajun Seasoning to taste

## Directions

1. In a blender or food processor, mix the garbanzo beans, jalapeno peppers and reserved juice, tahini, garlic and lemon juice. Season with cumin, curry powder, and crushed red pepper. Blend until smooth.

Tip: Goes great with whole wheat pita chips, our low fat homemade chips (following recipe) or fresh vegetables. To decrease sodium content, use no salt Cajun seasoning or skip it all together.

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1tbsp	50	2.4 g	2.8 g	7 g	553 mg

(Recipe calculated with ½ tsp of Cajun seasoning)

Carbohydrate Exchanges: 1/2