

Chickpea Hummus

It's amazing how tasty and delicious hummus can be. This is great as a vegetable dip spread and is a smooth and creamy delight on your palette. For an extra zing and heat, you can add more garlic and/or cayenne pepper.

5 min Prep Time	zero Cook Time	4 to 6 Servings
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What You Need

- 1 can (540 ml / 19 fl oz) chickpeas, rinsed
- 3 to 4 cloves of garlic, peeled and chopped
- 3 tablespoon extra-virgin olive oil
- 1 heaping tablespoon of tahini (sesame seed paste)
- 1 fresh lemon, juiced (about 2 tablespoon)
- 1 teaspoon sea salt
- ½ teaspoon cayenne pepper, or 4 dashes of Frank's RedHot® Original Cayenne Pepper Sauce
- 1 tablespoon chopped Italian parsley

Preparation

1. Place all ingredients into a food processor and blend until creamy. If while blending, the ingredients become too thick, just add water (2 tablespoons at a time).
2. Serve with a vegetable tray of celery, bell peppers, broccoli, cauliflower or other vegetables of your choice.
3. This chickpea hummus is very high in fiber.