Spicy Sriracha Hummus

11 ingredients · 10 minutes · 6 servings



Directions

- 1. Place all ingredients (except water) in a food processor and blend.
- Add 1 tablespoon of water at a time and blend until desired consistency is reached. I used about 4 tbsps for this recipe.

Notes

Chickpeas

Cook canned chickpeas from scratch, or use canned chickpeas with no sodium added. Drain and rinse canned chickpeas before use.

Ingredients

- 1 cup Chickpeas
- 2 tbsps Lime Juice
- 1 tbsp Sriracha
- 2 tbsps Tahini
- 1 1/2 tsps Sesame Oil
- 1 1/2 tsps Extra Virgin Olive Oil
- 2 cloves Garlic
- 1/8 tsp Cumin
- 1/8 tsp Smoked Paprika
- 1/4 tsp Sea Salt
- 1 tbsp Water (or more)

Nutrition		Amount per serving	
Calories	100	Sugar	2g
Fat	6g	Protein	3g
Carbs	10g	Sodium	146mg
Fiber	3g		

