Girl Eats Greens

SPICY SRIRACHA HUMMUS





2 cups canned or cooked chickpeas
4 tsp tahini
Garlic powder as needed
1/2 lemon, juiced
1 - 2 tbsp sriracha*
Ground cumin, as needed

Juice the Lemon (1/2) and reserve. Drain the Canned Chickpeas (2 cups) and reserve 2 1/2 tablespoons of chickpea can water.**

Put the chickpeas, chickpea water, Tahini, Garlic Powder (as needed), Lemon juice, and Ground Cumin (as needed) into a food processor.

Blend until smooth. Add the Sriracha 1/2 tbsp at a time to the food processor, taste testing as you go.

Serve with mixed veggies, crackers, and/or pita bread. Enjoy!

Editor's Notes:

*With sriracha, hot sauce, or any ingredient like cayenne powder or chilis, I urge you to go slow. Maybe add 1/2 tsp or 1 tsp at a time in this recipe, unless you know you like things spicy-hot.

**You can reserve all of the chickpea can liquid for use as aquafaba, a thickener with multiple culinary uses, including to replace eggs in baking and some kinds of cooking. Official website is aquafaba.com.

Girls Eats Greens is located on Side Chef, an omnivorous recipe site. The "girl's" recipes are always plant-based but may use processed ingredients. She writes: "I specialize in simple, always vegan & often gluten-free recipes made in a teeny tiny kitchen without fancy appliances. Because being healthy should be easy and accessible for everyone."

Sharing love for healthy food

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