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## Hummus with Jalapeno

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Serves 3-4

### Ingredients:

- 1 can chickpeas/garbanzo beans
- 2 tablespoons tahini (sesame butter)
- 2 tablespoons plain yogurt (remove if on dairy-free diet)
- 2 garlic cloves
- 2 tablespoons olive oil
- lemon juice (half a lemon)
- 1 jalapeno pepper (fresh) or 2 for hot hummus
- salt and pepper to taste

### Directions:

Split the jalapeno down the middle and discard the seeds unless you want to make HOT hummus. Wash your fingers and hands well after handling the hot peppers and keep them away from lips/eyes for the remainder of the day (or use rubber gloves).

Combine all the ingredients in a food processor or blender and blend for a couple minutes until smooth.

One jalapeno makes a mild hummus dip, go for two if you like it somewhat hot.

This Hummus is easy to make, costs very little, and is so much better than store-bought. Stores well in refrigerator. Recipe can be doubled.

### Special Notes:

Alternatively, roast (optional) the jalapeno on your gas grill or burner. To roast, place peppers on the grill at 350F for 4-5 minutes per side. (Or peppers may be used as-is).