



Cilantro & Jalapeno Hummus

Looking for a twist on the usual hummus recipes? You'll love this cilantro and jalapeno recipe, which is very easy. If you want to decrease the spice quotient, you can add some extra sour cream and decrease the jalapeno (although I think it's tastier to keep the jalapeno quotient as written and simply add the sour cream). This is great with any kind of chip or as a sandwich topper.

Ingredients

- 1 cup washed cilantro
- 1 jalapeno, pepper, sliced
- 16 oz drained garbanzo beans
- 1/2 cup tahini paste
- 1/2 cup lime juice
- 3 cloves minced garlic
- 1/2 tsp salt
- 1/4 cup sour cream
- 1/2 tsp black pepper
- Olive oil to taste
- Paprika to taste

Preparation Process

Pour the garbanzo beans, salt and garlic into a food processor and blend until smooth, then pour in the lime juice, sour cream, tahini, salt and pepper and blend again

Add the sliced jalapeno pepper and blend once more, then add the cilantro and pulse the blender a few times, making sure not to completely blend in the cilantro

Pour into a bowl and garnish with a few jalapeno slices, olive oil and paprika. Serve with the bread or chips of your choice.

If you want to watch the video again. Click [here](#).