

Jalapeño Hummus

Hummus is a comfort food of mine. It's creamy and smooth, and can make eating a snack of celery and carrots (or pita chips — no judgment here!) tasty and extra nutritious. But sometimes, even your favorite comfort foods need an upgrade, which is what inspired this recipe.

I'm not going to lie — I eat a lot of hummus, but most of it is store bought or in restaurants. I rarely make my own, even though it's pretty easy to do. So when I'm in the mood to make it myself, I want to try something new, like this.

This has the basic hummus components — chickpeas, tahini, and garlic. But there are also some swaps and additions that make it more interesting for sure. Like instead of olive oil, I used Ava Jane's Kitchen Avocado Oil, and instead of traditional lemon, I used lime juice. I also added cilantro, some fresh jalapeños, *and* Sweet Habanero seasoning for heat. It's definitely a hot and spicy hummus, with tons of fresh flavor. Once you've got all that, just blend it up, and you're good to go.

This is perfect for dipping, of course, but as I sit here dipping my veggies in it, I can't help but think of all the other uses this might have. I'm dreaming of slathering this on toasted whole grain bread and then topping with avocado and tomato. Or adding to a veggie wrap. The possibilities are endless.

Jalapeño Hummus

Makes about 2 cups

Ingredients:

1 can chickpeas, drained
1/4 of a cup tahini
1-2 jalapenos, stemmed and seeded
2 cloves garlic
1 teaspoon Sweet Habanero seasoning
1 bunch cilantro
Juice of 1 lime
1/2 cup Ava Jane's Kitchen Avocado Oil

Directions:

Put the chickpeas, tahini, garlic, cilantro, Citrus Salt and Pepper, and lime juice in a food processor and blend.

Slowly drizzle in the oil until smooth and creamy.

Transfer to bowl, drizzle with more oil if desired, and add a sprinkling of Colima Sea Salt.