## **Buffalo Hummus**

## Ingredients:

1 can (15-ounces or 440 g) or 1 1/2 cups (246 g) cooked chickpeas, drained and rinsed

1/2 teaspoon ground cumin

1/2 teaspoon smoked paprika

1/2 teaspoon sea salt

2 cloves garlic

2 tablespoons (30 g) tahini

1 tablespoon (15 ml) Frank's Hot Sauce

1 tablespoon (15 ml) lemon juice

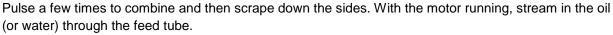
1/2 cup (90 g) jarred roasted red pepper

2 tablespoons (28 ml) olive oil or liquid from can

Cayenne pepper, to taste, for serving



Combine all the ingredients except the oil (or water) and cayenne in a food processor.



Continue to run the motor until you reach the desired consistency; I like to let it for for 5 minutes to get it really smooth.

Add more salt, lemon juice, or hot sauce, to taste, and then sprinkle with cayenne pepper before serving.

