

Spicy Black Bean Hummus

- Serves: 4

Ingredients:

- 1 can black beans
- ½ can chick peas
- 3 cloves garlic, minced
- 3 tbsp jalapeño, chopped (adjust according to desired spice level)
- 1/4 cup tahini
- 3 tbsp lime juice
- 2 tbsp olive oil
- 1 tbsp coriander

Method:

- Blend all of the above on high speed in a food processor for a few minutes until its a smooth paste.
- Add a small amount of water to thin and continue blending.
- Serve in a bowl with a drizzle of olive oil and lemon juice.
- Garnish with more chopped jalapeño to up the spice factor (optional).
- Dig in and enjoy!