

# Smoky Hummus

Smoky, creamy, and packed with flavor, this dish is a fiber-rich dish made with wholesome, anti-inflammatory ingredients. Garlic, extra virgin olive oil, lemon, and chipotle pepper not only enhance its depth but also offer powerful health benefits. Perfect for dipping, spreading, or layering in salads and sandwiches, this versatile hummus is a must-have staple for quick snacks or satisfying meals.

## INGREDIENTS

1 15 ounce can garbanzo beans  
1/4 cup extra virgin olive oil  
1/3 cup tahini  
1 lemon, juiced  
1 garlic clove  
1 teaspoon chipotle chili powder  
1 teaspoon salt

## SERVES

4-6

## TIME

🕒 5m

## STEP 1

Combine all ingredients into a food processor and purée until creamy.

## STEP 2

Top with extra virgin olive oil and a dash of chipotle chili powder. Serve with cut vegetables, crackers, in a salad or on a sandwich.

## SHOPPING LIST

1 15 ounce can garbanzo beans  
1 bottle extra virgin olive oil  
1 jar tahini  
1 lemon  
1 head garlic  
1 jar chipotle chili powder  
salt

## EQUIPMENT

Food processor

## STORAGE

Store in the fridge for 3-4 days