

Fiery Hummus with Crushed Red Pepper | bites out of life

Adapted from [Mark Bittman](#)

- 1 15-ounce can chickpeas, drained and rinsed
- 2 cloves garlic, peeled
- 2 tablespoons lemon juice
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1-1/2 teaspoons crushed red pepper (adjust based on taste)
- salt and pepper, to taste
- 3 tablespoons water (this was supposed to be olive oil, but we were out)



- 1) Mix all of the ingredients in a food processor or blender, adding water by the tablespoon as necessary until the chickpeas form a paste. Taste and adjust seasonings if needed.
- 2) Spoon into a bowl and garnish with paprika, parsley and whole chickpeas. Serve with carrots, celery, crackers or pita chips.

From: <http://www.bitesoutoflife.com/2011/03/28/fiery-hummus-with-crushed-red-pepper/>