

Yields 12 appetizer servings

# Cranberry Jalapeno Hummus (Vegan, Gluten-Free)

## Ingredients

½ cup dried cranberries  
1 tablespoon extra virgin olive oil  
2 tablespoons lime juice  
3 tablespoons tahini  
1 15.5-ounce can chickpeas, drained, reserve liquid  
2 cloves garlic,  
½ jalapeno pepper  
¼ teaspoon smoked paprika  
¼ cup chopped fresh cilantro

## Instructions

Place dried cranberries in a small dish and add olive oil, lime juice and tahini. Stir well and set aside for 30 minutes to soften berries.

Place drained chickpeas (reserve liquid) in the container of a food processor or blender. Add cranberries with oil, lime juice and tahini. Add garlic, jalapeno pepper, and smoked paprika.

Process mixture and slowly add reserved chickpea liquid, 1 tablespoon at a time, until you achieve a smooth, yet firm texture. Process for about 3 minutes, until smooth and well blended.

Remove hummus from food processor and stir in cilantro. Refrigerate until serving time.

## Notes

\*Sharon is not a paid spokesperson for the Cranberry Institute.

\*Nutrition information per serving: 95 calories, 4 g total fat, 1 g saturated fat, 0 mg cholesterol, 7 mg sodium, 12 g carbohydrate, 3 g fiber, 2 g sugar, 4 g protein

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