

Buffalo Wing Hummus

Adapted from Food Network Magazine, October 2011

3 cups chickpeas, rinsed and drained (save 1/2 cup of the liquid)

2 or 3 cloves garlic

1/4 cup lemon juice (I only had limes, so we used lime juice)

1/4 cup tahini (had no tahini, so we left it out)

1 1/2 tsp paprika (we used smoked paprika and loved the taste)

2 tbsp bbq sauce

2 to 3 tbsp cayenne hot sauce (We used Frank's Red Hot)

1 tbsp white vinegar

Put everything in the blender and blend until smooth. I added about 1/2 cup of water to the mix as it was a bit thick without the tahini.

<http://littlekitchenontheprairie.blogspot.com/>