**Deanna's Hummus with Variations**

**Serves 6 /Serving Size: about 1/3 cup**

**SmartPoints per serving: ③ Ⓞ Ⓞ**

2 large garlic cloves, peeled, or 2 tablespoons roasted garlic (see note below)   
1 15-ounce can chickpeas, drained and rinsed (or any beans of your choice)

2 tablespoons powdered peanut butter, such as PB2

1 tablespoon fresh lemon juice, plus more as needed

1 teaspoon ground cumin

2 teaspoons sweet or smoked paprika, plus a sprinkling for garnish

¼ teaspoon black pepper  
Salt, to taste

Chopped fresh parsley or cilantro leaves for garnish

Turn on food processor and drop garlic into chute. Stop processor and add drained chickpeas, powdered peanut butter, lemon juice, cumin, paprika, and pepper and pulse to combine. Add one or more of the additions below, if desired and process until well blended. With machine running, pour water through the processor tube slowly until the purée is very smooth and to desired consistency.

Taste and adjust the seasoning with salt and additional lemon juice as needed. Chill hummus until ready to serve. Garnish with a sprinkling of paprika and chopped herbs.

Serve with fresh vegetables or baked pita chips or tortilla chips, or use as a sandwich spread.

Hummus will keep, tightly covered in the refrigerator for several days.

**Optional additions:**

1-2 roasted red peppers, water-packed or fresh

4-6 sun-dried tomatoes, packed dry (not in oil)

¼ cup chopped fresh basil (or herbs of your choice)

¼ cup orange juice

1 chipotle chile in adobo, or 2 tablespoon chipotle sauce

2 tablespoons sriracha, or to taste

*Note:*

To make roasted garlic, cut off and set aside the top ¼ inch of a head of garlic, wrap remainder tightly in foil and roast for about 30 minutes in a 400-degree oven. Squeeze garlic from the skins to use.

[*From the Kitchen of Deanna Cichon*](http://www.deannathechef.com/)