



Makes 3½ cups
Preparation Time: 10 minutes

INGREDIENTS:

2 15-oz. cans no-salt-added
Great Northern beans, rinsed
and drained (3 cups)

½ cup jarred roasted red bell
peppers, drained

¼ cup Buffalo-style hot sauce,
plus more to taste

2 tablespoons lemon juice

2 tablespoons tahini

1 tablespoon paprika

2 cloves garlic

2 scallions, thinly sliced

Celery and carrot sticks and
snap pea pods for dipping

Spicy Buffalo Hummus

Great Northern beans have a mild nutty flavor and are a great way to add variety to your [hummus](#) routine. This deluxe-tasting dip's success lies in the combination of sweet jarred roasted red bell peppers and the spicy kick of smoky Buffalo-style hot sauce. Hardcore heat-seekers will want to load up on the hot sauce here. Store any leftovers in an airtight container in the refrigerator for up to three days. Serve this flavor-packed buffalo hummus with cut veggies, pita squares, or whole grain [crackers](#).

Tips

Bean swaps: Navy beans, pinto beans, and cannellini beans would also work well here.

Gluten-free version: To make this gluten-free, be sure to use a gluten-free hot sauce.

For more inspiration, check out these tasty ideas:

- [Fresh Spinach Hummus](#)
- [Low-Fat Hummus](#)
- [Healthy Chocolate Hummus](#)
- Or check out our full roundup of [Healthy Hummus Recipes](#)

By Brandi Doming

- 1 In a high-speed blender or food processor combine the first seven ingredients (through garlic) and 2 tablespoons water. Cover and blend until very smooth and creamy, stopping a few times to scrape down sides of blender. Taste and adjust seasoning, adding more hot sauce if you like. Transfer hummus to a serving bowl and top with scallions. Serve with celery, carrots, and peas.