

# ONE BITE

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# *Peach BBQ Hummus*

By Becky Striepe

## Ingredients

- 15 ounce can chickpeas – drained
- 1/2 cup your favorite vegan BBQ sauce
- 1/4 cup peach preserves – or more, to taste
- 2 teaspoons chipotle hot sauce – adjust to taste
- veggies and crackers – for dipping

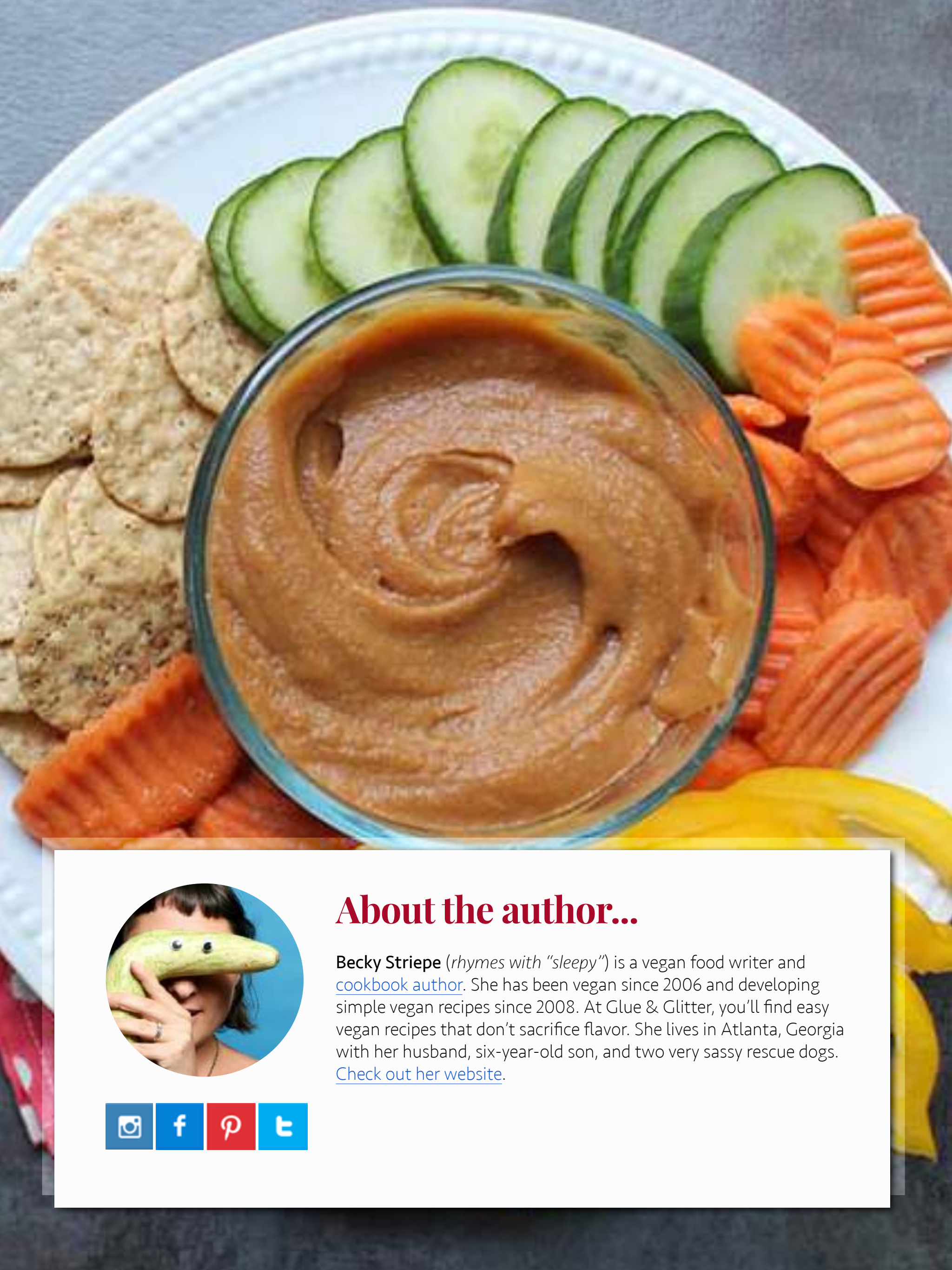
## Instructions

1. Combine the chickpeas, BBQ sauce, peach preserves, and hot sauce in your blender or food processor, and puree until smooth. Taste the hummus, then start adjusting to suit your tastes.
2. **If it tastes just right**, refrigerate in an airtight container until you're ready to serve. For tailgating, pack the container in a cooler with ice packs when you're ready to go.
3. **If it's too spicy**, add another tablespoon of peach preserves, blend again, and taste.
4. **If it's too sweet**, add another 1/2 to full teaspoon of hot sauce, blend again, and taste.
5. Keep adjusting the sweet and spicy elements until you've got the perfect Spicy Peach BBQ Hummus to suit your tastes.



Peach BBQ Hummus  
4 ingredients, 5 minutes,  
oil free, vegan





## About the author...

**Becky Striepe** (*rhymes with "sleepy"*) is a vegan food writer and [cookbook author](#). She has been vegan since 2006 and developing simple vegan recipes since 2008. At Glue & Glitter, you'll find easy vegan recipes that don't sacrifice flavor. She lives in Atlanta, Georgia with her husband, six-year-old son, and two very sassy rescue dogs. [Check out her website.](#)

