

CRUNCHY & HEALTHY JALAPENO POPPERS

Recipe courtesy of [Veg Obsession](http://www.vegobsession.com)



INGREDIENTS

- [Fire Roasted Tomato Hummus](#)
- 10 to 15 jalapenos
- 2/3 cup of unsweetened almond milk
- 1/5 cups of Panko bread crumbs
- 1 to 1.5 cups of whole wheat flour
- 1 tsp of salt

Directions:

- [Make hummus.](#)
- Preheat oven to 385 degrees.
- Slice the top off the jalapenos, cut them in half (lengthwise), remove seeds and placenta.***
- Spoon hummus into jalapenos.
- Dip the jalapeno in the unsweetened nut milk (almond milk).
- Then, roll the jalapeno into the whole wheat (or gluten free) flour.
- Dip it into the nut milk again.
- Then, roll into the panko bread crumbs.
- Place onto a slightly greased cookie sheet and spray a little bit of olive oil onto the poppers (just a little bit!).
- Bake for 25 minutes and then enjoy!

*** Note: if you like REALLY spicy poppers, you can add the seeds and jalapeno placenta to your hummus.