

ROASTED RED PEPPER HUMMUS

PREP TIME: 15 min
COOK TIME: n/a
SERVINGS: 4
SERVING SIZE: 1/4 cup



INGREDIENTS

- 1 can chickpeas (garbanzo beans)
- 1/4 cup jarred, roasted red pepper
- 1 clove garlic
- 1 lemon, juiced
- 1/4 teaspoon salt
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 2 tablespoons olive oil

DIRECTIONS

1. Drain and rinse the chickpeas.
2. Measure all ingredients into a food processor or blender.
3. Puree until smooth.
4. Use in a wrap or sandwich, or enjoy as a dip with carrot and celery sticks!



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