

## ROASTED RED PEPPER HUMMUS

### INGREDIENTS:

<b>2 cups</b>	Garbanzo Beans
<b>1/6 cup</b>	Lemon juice
<b>2 tablespoons</b>	Garlic
<b>1/6 cup</b>	Tahini
<b>1/4 tablespoon</b>	Salt
<b>1/4 tablespoon</b>	Pepper
<b>2 ounces</b>	Roasted red pepper

### METHOD:

- Place all ingredients in food processor and process until smooth.

**Serves:** 20

**Serving Size:** 1 ounce

**Calories:** 40

**Fat:** 1 gram

**Carbohydrates:** 5.5 grams

**Protein:** 2 grams

**Sodium:** 35 milligrams

