RED PEPPER & CHIPOTLE HUMMUS

INGREDIENTS:

COOKED GARBANZO BEANS	2 CUPS
GARLIC	2 TABLESPOONS
TAHINI	2 TABLESPOONS
LEMON JUICE, FRESH	2 TABLESPOONS
ROASTED RED PEPPERS, DRAINED	1 CUP
SALT	¼ TEASPOON
BLACK PEPPER	¼ TEASPOON

METHOD:

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

CHEF'S NOTE: If you are a fan of smoke and spice, replace ¼ cup of the roasted red peppers with ¼ cup chipotle peppers in adobo sauce!

Servings: 20
Serving Size: 2 tablespoons
Calories: 40
Fat: 1 gm **Sodium:** 90 mg **Carbohydrates:** 0 gm **Protein:** 2 gm **Fiber:** 1 gm