



EASY ROASTED RED PEPPER HUMMUS

CREDIT:

AllRecipes.com

INGREDIENTS

2 cloves garlic, minced
1 (15 ounce) can garbanzo beans, drained
1/3 cup tahini
1/3 cup lemon juice
1/2 cup roasted red peppers
1/4 teaspoon dried basil

DIRECTIONS

1. Combine garlic, garbanzo beans, tahini, and lemon juice in Vitamix and process until mixture is smooth.
2. Add roasted peppers and basil. Process until the peppers are finely chopped.
3. Transfer to small bowl, cover and chill until you are ready to serve. Season with salt and pepper.

HEALTH MINISTER CODE:

Hallelujah Acres (www.myhdiet.com)

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