

## Title Oil-free Roasted Red Pepper Hummus

Portions: 6-8

Ingredients:

Amount      Item

- 3 roasted garlic cloves
- 2 cups homemade cooked chickpeas
- 2 tbsp chickpea liquid
- $\frac{3}{4}$  cup homemade roasted red peppers
- $\frac{1}{4}$  cup tahini
- $\frac{1}{4}$  cup fresh lemon juice
- $\frac{1}{2}$  tsp cumin
- $\frac{1}{4}$  tsp smoked paprika
- $\frac{1}{4}$  tsp salt, or as needed to taste

Method:

- 1 Place all of the ingredients into a food processor or high speed blender and process until smooth\*.
- 2 Adjust seasonings to taste.
- 3 Top with diced red peppers and paprika.