

Roasted Red Pepper Hummus

Yield: 16 oz.

Ingredients

- One 15-oz. can garbanzo beans, drained and rinsed
- 2 cloves garlic, mashed
- ½ cup jarred roasted red bell peppers, drained
- 1 tbsp. extra virgin olive oil
- 1 tsp. pomegranate molasses (optional)*
- 1 tbsp. tahini (sesame seed butter)
- 1 tsp. ground cumin
- ¾ tsp. red pepper flakes (more or less to taste)
- Sea salt to taste



Directions

- 1) Puree all ingredients in a food processor until smooth (this can take 2-3 minutes to get a nice, creamy, smooth consistency). Season with more red pepper flakes and sea salt, if desired.