

Red Pepper Hummus

2 large grilled red peppers skin removed

1 large can* of chickpeas

(even better soak dried chickpeas overnight

<http://www.maureenabood.com/2011/11/09/technique-how-to-prepare-dried-chickpeas/> - instructions here!)

2 tbsp extra virgin olive oil

2 tbsp tahini

1 clove garlic minced

juice of 1 lemon

1 tsp salt

½ tsp black pepper

½ tsp cumin

Blend or puree ingredients in a food processor or blender (I use my Blentec). Serve with chopped fresh veggies for a healthy snack.

*If you do use a can of chickpeas, choose a brand that's BPA free. Cans are often lined with BPA, which is a chemical that can increase risk of certain cancers and developmental problems.