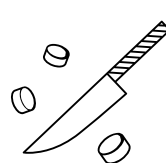


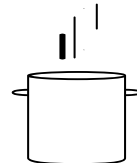


Roasted Red Pepper Hummus

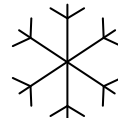
This is the finest Roasted Red Pepper Hummus you will taste this side of the med!



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Ingredients

2 whole red bell peppers

The Groovy Food Company Omega High Five Oil

1 can chickpeas

Juice of 1 lemon

60 ml tahini

1 small garlic clove, minced

2 tablespoons extra virgin olive oil, plus more for serving

1/2 teaspoon ground cumin

Pinch cayenne pepper (optional)

Salt to taste

Directions

1. Preheat grill and remove core of peppers then cut into large flat pieces.
2. Cover peppers in a splash of High Five Oil and arrange skin-side up, on a baking sheet. Grill for 5 to 10 minutes until the peppers skin has charred.
3. Add peppers to a resealable plastic bag, seal then wait 10 to 15 minutes until cool enough to handle. Gently peel away the charred pepper skin and discard.
4. In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute to whip the tahini and make it smooth and creamy.
5. Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for a minute or so
6. Add the drained chickpeas and process until

smooth.

7. Followed by the roasted peppers and continue to process for 1 to 2 minutes until smooth.

8. If the hummus is too thick or still has tiny bits of chickpea, with the food processor turned on, slowly add 1 to 3 tablespoons of water until you are happy with the consistency.

9. Season as needed. Store homemade hummus in an airtight container and refrigerate up to one week.