

a healthy body, a healthy earth

Roasted Pepper-Garlic Hummus

Makes 12 Servings

Ingredients:

36 ounces chickpeas, drained and rinsed
2/3 cup tahini
¼ cup lemon juice, fresh
½ cup olive oil
1 teaspoon sea salt
1 teaspoon white pepper
½ cup roasted red peppers, drained and rinsed
6 garlic cloves
Water as needed

Preparation:

Heat oil in a pan, roast garlic until golden brown, remove garlic and let oil cool

Mash garlic and salt into a paste

In a food processor, puree chickpeas, then add in order garlic paste, tahini, lemon juice, reserved oil and roasted red peppers

Add water and scrape sides of bowl until you reach desired consistency

Serve with fresh pita bread and cucumbers, or any other vegetables of choice

Note: Hummus is better if left in the refrigerator wrapped tightly for 24 hours, and will last a few days.