

Roasted Red Pepper Hummus

*(Makes about 3 cups or 24 servings)
(V) – This recipe is a vegan option recipe!*

Ingredients:

- 2 19-ounce cans chickpeas, drained and rinsed
- 1 12-ounce jar roasted red peppers, including liquid
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, chopped
- 3 teaspoons lemon juice
- 1 teaspoon ground cumin
- ½ teaspoon salt



Directions:

1. Combine all ingredients in a food processor and blend until smooth. Add water if consistency is too thick.

Nutritional Analysis: *(per serving, ¼ cup)*

- | | |
|----------------------|----------------------|
| ▪ Calories: 60 | ▪ Protein: 3 g |
| ▪ Total fat: 1.5 g | ▪ Carbohydrate: 9 g |
| ▪ Saturated fat: 0 g | ▪ Dietary fiber: 5 g |
| ▪ Cholesterol: 0 mg | ▪ Sugar: 1 g |
| ▪ Sodium: 240 mg | |

Source:

[“Prevent and Reverse Heart Disease”](#) by Dr. Caldwell B. Esselstyn.

Go! Foods® for You Program 