



Hummus with Roasted Pepper & Garden Herbs

Ingredients:

- 1/2 can garbanzo beans (drained & rinsed)
- 1/4 to 1/2 cup olive oil
- 3 garlic cloves (chopped)
- 2 tbsp chopped herbs
- 1 to 2 tsp toasted sesame oil or tahini to taste
- 1/8 to 1/4 cup water
- 1/2 to 1 tsp lemon juice
- 2 Small Sweet peppers or 1 regular size
- spices- salt, pepper, garlic, cumin, paprika, chili flakes

•Combine all the ingredients in a bullet blender & puree until smooth.

•Season it to your liking with the spices listed.

•Thin it with a splash more water or olive oil for a slightly thinner consistency.

•Double the recipe to make a batch that will fit in a traditional blender