

# roasted red pepper hummus

**Makes 1 ½ cups**

RECIPE FROM: [Inspired Taste](#)

PREP TIME: 5 minutes

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¾ cup jarred roasted red peppers  
1 ½ cups cooked chickpeas OR 1 (15-oz) can,  
drained  
¼ cup lemon juice (juice of 1 large lemon)  
¼ cup tahini  
1 garlic clove, minced  
1-2 Tbsp extra virgin olive oil  
½ tsp ground cumin  
1-2 Tbsp water  
salt, to taste

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COMBINE all ingredients except water in a blender or food processor.

PROCESS for 1-2 minutes, or until smooth. If the hummus is too thick or still has tiny bits of chickpea, slowly add 1-2 Tbsp of water until it reaches the desired consistency.

TASTE and add salt, if needed.

