



Roasted Red Pepper Hummus:

- 2 Tbsp. olive oil (or you could try an [herbal oil](#), which I do)
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. tahini (sesame seed paste, you can purchase or make your own with a high speed blender)
- 1 clove garlic
- 15 oz. can garbanzo beans or 1 pint jar or 2 cups freshly cooked, with liquids
- 1 cup roasted red bell pepper (you can purchase in jars or roast your own)
- 1/2 tsp. cumin
- 1/8 tsp. cayenne
- 1/2 tsp. Real salt

Blend until smooth and creamy. Use as a dip for veggies, crackers, and chips or as a spread for sandwiches. We love dipping Stacy's Pita Chips, Pita Crisps (Costco), Triscuits and Rice Crackers.

Original Hummus:

- 1 can, bottle or 2 cups chickpeas
- 1/2 cup tahini
- 1/4 cup lemon juice
- 3 cloves garlic
- 1/2 tsp. Real salt
- 1 1/2 tsp. cumin
- 1/4 cup olive oil

Blend until smooth and creamy.