
Roasted Red Pepper Hummus

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1 1/2 cups cooked chickpeas
- 1 large roasted red pepper (see notes)
- 3-4 tbsp lemon juice
- 2 tbsp tahini
- 3/4 tsp smoked paprika
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1-2 tbsp nutritional yeast (optional)
- 1/2 to 1 tsp salt
- pinch black pepper
- pinch crushed chili flakes

Instructions:

1. Simply place all the ingredients in a food processor, starting with the lower amount of lemon juice, salt, and nutritional yeast if using.
2. Blend until smooth. Taste and add more lemon juice if you'd like it more tangy, and more salt if you'd like it more salty, and more nutritional yeast if you like it more cheesy. And if you like it spicy go ahead and add more chili.
3. Store in the fridge in an air tight container and consume within for 3-4 days.

Enjoy with some crackers, pita bread, as a spread for a sandwich. In the image I spread the bread slices with hummus, before piling it up with sautéed spinach, avocado and caramelized onion.