

## Red Pepper Hummus

1 (16 oz) can garbanzo beans, drained and rinsed  
1 tablespoon (15 ml) olive oil  
1 medium red bell pepper cut into 1/2 inch pieces  
1 tablespoon (15 g) tahini  
1 fresh lime juiced  
1- 1/2 tablespoons (20 ml) water  
1/2 teaspoon (3 g) salt  
1/4 teaspoon (0.5 g) ground black pepper  
1/4 teaspoon (0.7 g) garlic powder

Add all ingredients to a food processor or blender. Blend until smooth. Makes 8 servings.

Nutrition information 101 calories, 3 grams protein, 3 grams fat, 15 grams carbohydrate, 318 mg sodium. Serve with baked pita chips or cut veggies.