**Red Pepper Hummus**

- 2 (16) ounce cans of garbanzo beans, drained and rinsed
- 2 Tablespoons olive oil
- 2 medium red bell peppers, cut into pieces
- 2 Tablespoons tahini (sesame seed paste)
- 2 Tablespoons lime juice
- 4 Tablespoons water
- ½ teaspoon garlic powder
- ½ teaspoon pepper
- Combine all ingredients in a food processor and blend until smooth.

**Serving:** 16

**Nutrition:** Per serving: Calories: 101, Fat: 3.4 grams, (sat: 0.4 grams), Cholesterol: 0 mg, Carbohydrate: 15 grams, Protein: 3.4 grams, Iron: 1 mg, Calcium: 30 mg

Adapted from Bush Brothers & Company