

Roasted Red Pepper & Turmeric Hummus

10 ingredients · 30 minutes · 6 servings



Directions

1. Preheat the oven to 400°F (205°C). Place the red pepper and garlic onto a parchment lined pan. Paint olive oil onto the bell pepper and garlic and bake until brown spots appear on the red pepper and the garlic starts to brown and the peel on the garlic cloves starts to come off. Once cooked, remove the peel from the garlic cloves and the pepper.
2. Once the peppers and garlic have slightly cooled, place them into a food processor or high speed blender. Combine with all other ingredients except the chickpeas. Blend until smooth.
3. Add the chickpeas to the food processor or blender and blend until desired consistency is achieved.
4. Add more balsamic vinaigrette, turmeric, lemon juice, sea salt or tahini to taste. Tahini will make it creamier and lemon and balsamic will add more flavour. Make it your own!
5. Enjoy with veggies, crackers or on your favourite wrap or sandwich.

Notes

Storage

Spoon into an airtight container and store in the fridge for up to a week.

Ingredients

- 1 cup Chickpeas
- 2 tbsps Tahini
- 1 Red Bell Pepper (large, seeds removed)
- 3 Garlic (cloves, 3 if large and 4 if average size)
- 1 1/2 tbsps Extra Virgin Olive Oil (1 tsp for roasting red pepper and 1 tbsp for when combining the hummus)
- 1 1/2 Lemons (juiced)
- 1 1/2 tsps Water
- 1/2 tsp Balsamic Vinegar (start with 1/2 tsp and increase to 1 tsp - to taste)
- 1/4 tsp Turmeric (can add more to taste)
- 1 tsp Sea Salt