

## ROASTED SWEET PEPPER HUMMUS

*This vegan appetizer will be a hit with family and friends and it is so easy to prepare!*



### **Ingredients:**

1 tbsp of olive oil  
2 tbsp of fresh lemon juice  
1 tsp of apple cider or white wine vinegar  
2 tbsp chopped fresh parsley  
pinch of salt (optional)  
1 half tsp cumin  
1 tbsp brown sugar  
1 (19oz) can of chick peas  
2C red peppers (roasted)

### **Preparation:**

Roast red peppers on BBQ whole (Don't worry it is so easy!) Peppers will be roasted to perfection when blackened on the outside. You'll know when peppers begin to deflate. Place the peppers in a paper bag and cool. Once cooled remove the peppers and slide off or peel of the blackened pepper skin. Clean seeds and membrane.

Place in food processor, and all ingredients. Puree for 1 minute, scrape sides as required and continue to puree until smooth. Refrigerate and serve.

Let stand over night to marinate for even a better taste if you wish. Optional ingredients are based on personal taste such as garlic or red pepper chili flakes.

Enjoy this colourful appetizer!

Rob Burrige