



Pepper-O-Lanterns

1 10 ounce box
frozen spinach (or 2 cups
fresh chopped)

2 15 ounce
cans chickpeas (reserve
some liquid)

4 cloves garlic

¼ cup tahini (can omit for
sesame allergies)

¼ cup olive oil

2 tablespoons lemon juice

1 teaspoon salt (more to
taste)

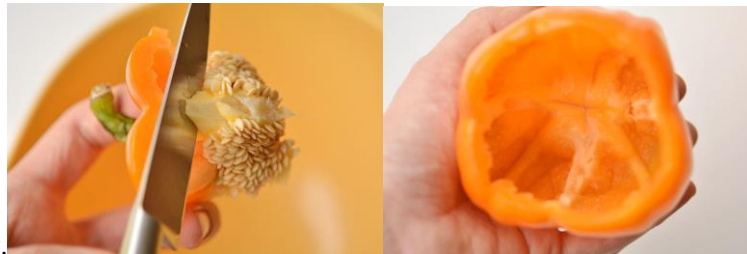
¼ teaspoon red pepper
flakes

½ teaspoon black pepper

1. Get peppers and cut off top.



2. Cut seeds off of pepper.



3. Cut jack-o-lantern design into pepper.



4. Gather hummus ingredients-



5. Add ingredients into Food Processor. Pulse until smooth.



6. Add hummus into Pepper-O-Lanterns.



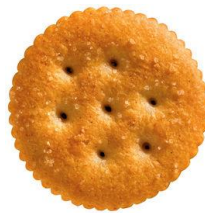
7. Cut up extra pepper slices to dip into Pepper-O-Lanterns. Try with other foods: carrots, pretzels, etc.



I want to try with:



Pretzel



Cracker



Veggie Stick

Did you like this:



Yes



No