



## Recipes

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# Roasted Red Pepper & Garbanzo Goat Cheese Spread

Serves 1

### Ingredients:

.5 cup Roasted Red Peppers  
2 cups Chickpeas , cooked  
3 Tbsp. Lemon Juice  
.5 tsp. Cumin  
.33 cup Goat Cheese  
.25 cup Olive Oil  
2 Tbsp. Fresh Parsley Leaves  
2 Tbsp. Fresh Mint Leaves  
.5 tsp. Black Pepper

### Directions:

1. Place all ingredients together in food processor.  
Blend approximately 1-2 minutes until mixture is smooth.
2. Place in storage container.
3. Label, date and refrigerate.