

# — Hummus Stuffed Mini Peppers —



**DelFresco**  
*Pure*

**Yield: 24 pieces**

**Prep Time: 20 minutes**

**Total Time: 20 minutes**

Every party or get together always has the designated veggie platter and hummus platter, right? How about combining the two? Mini peppers make the cutest little stuffing vessels for snacks or appetizers.

### Ingredients:

- 2 1lbs bags Sweettreats® Mini Sweet Peppers
- 1 can chickpeas, drained and rinsed
- 1 clove garlic
- ½ lemon, juiced
- ½ cup basil leaves
- ¼ cup extra virgin olive oil
- 2-3 tablespoons water
- Salt and pepper, to taste

### Directions:

1. Cut all peppers in half lengthwise, remove seeds and place on serving platter
2. Place chickpeas, garlic, lemon juice, basil, salt and pepper in food processor
3. With processor running, drizzle in olive oil. Scrape sides and process again, adding the water until hummus is smooth
4. Spoon hummus into plastic bag. Squeeze hummus down into a corner of the bag, snip off tip and use it like a pastry bag to fill the hollowed peppers

### Cooking Tips:

Create new hummus flavours by adding olives, pine nuts, fresh herbs or roasted red peppers. Also, try grilling for 10 minutes. Grilling adds a charred element to the peppers.



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#### Nutrition Facts:

Serving Size: 1, Servings Per Recipe: 24, Amount Per Serving: Calories 120, Total Fat 1.4g (2% Daily Value), Saturated Fat 0.1g (0% Daily Value), Cholesterol 0mg (0% Daily Value), Sodium 9mg (0% Daily Value), Potassium 407mg (12% Daily Value), Carbohydrate 18.0g (6% Daily Value), Dietary Fiber 5.46g (22% Daily Value), Sugars 6.9g, Protein 4.6g.