

# Goode Foods™ Red Pepper Dip

## Ingredients:

- 1 Can Goode Food™ Garbanzo Beans
- 2 Whole Jarred Roasted Red Peppers
- 1 Plum tomato, quartered
- 1/2cup Roasted Almonds
- 3 Tablespoon Balsamic Vinegar
- 1/2 Teaspoon Kosher Salt
- 2 Tablespoon Extra Virgin Olive Oil
- Feta Cheese to taste

## Directions:

Place peppers, tomato, garbanzo beans, almonds, vinegar and salt in food processor. Process. Add Oil process until oil is incorporated. Process until smooth. If desire, add feta with a spoon.



## Nutritional Information: (6 Servings)

- 281 Calories from Fat
- 16 g Total Fat
- 22 mg Cholesterol
- 804 mg Sodium
- 23 g Total Carbohydrate
- 3 g Dietary Fiber
- 6 g Sugar
- 8 g Protein