

# Bell Peppers with Hummus

1 SERVING 5 MINUTES



## INGREDIENTS

1 Red Bell Pepper (medium, sliced)  
1/4 cup Hummus

## DIRECTIONS

01 Divide the red bell pepper slices and hummus onto plates and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	177	Carbs	16g
Fat	11g	Protein	6g