

# Peanut Butter Hummus

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*Serves 6; 1 serving is ¼ cup*

Prep Time: 5 min    Cook Time: None

## **INGREDIENTS**

1 clove garlic  
1(15.5oz) can chickpeas  
1/3 cup warm water  
4 tablespoons peanut butter  
3 tablespoons lemon juice  
2 tablespoons canola or olive oil  
¼ teaspoon salt

## **DIRECTIONS**

1. Peel and mince garlic clove.
2. In a colander, drain and rinse chickpeas.
3. In a blender, add garlic, chickpeas, water, peanut butter, lemon juice, oil and salt. Blend until smooth.
4. Transfer dip to medium bowl for serving.

## **Chef's Note**

- Serve hummus with whole wheat pita bread and cut vegetables
- Use any white beans in place of chickpeas.

## **NUTRITION FACTS PER SERVING**

Calories: 170; Calories from Fat: 100; Total Fat: 11gm; Saturated Fat: 1.5gm;  
Cholesterol: 0gm; Sodium: 250mg; Total Carbohydrates: 12gm; Dietary Fiber: 1gm,  
Protein: 6gm.