

Peanut Butter Hummus

*A Twist on a Classic
Middle Eastern Recipe*

Servings: 16 (2 tbsp)

Prep Time/Total Time: 10-20 min

INGREDIENTS

- 15 oz can chickpeas (garbanzo beans)
- 2 tbsp creamy peanut butter
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 tbsp water
- 1/4 tsp garlic powder
- salt to taste
- something to serve it with



DIRECTIONS

1. Gather all ingredients. Rinse lemon before using and rinse beans in a colander.
2. Put beans in a microwave safe bowl and microwave about 30 seconds. Mash the beans with a fork until they start to break down.
3. Add the rest of the ingredients one at a time into the bowl, mixing everything together before adding next ingredient. Mix until desired consistency.
4. Serve with something of your choosing, like pretzels, crackers, or your favorite vegetable.

Notes: you may add more water or lemon juice, depending on your preference. If you have a food processor, blend all ingredients in there instead of mashing with a fork-will go quicker.
Adapted from: nutritionforme.org+thespruceeats.com

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