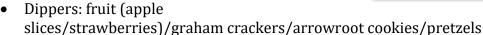
Peanut Butter Cookie Dough Hummus

Makes: 6-8 servings

Ingredients

- 1-15 oz can chickpeas (or ½ cup dried, soaked and cooked)
- ½ cup peanut butter (or other nut or seed butter)
- ½ cup maple syrup/honey
- 1 teaspoon vanilla extract
- ½ cup chocolate chips
- 2 tablespoons milk (any kind, optional to help thin out dip)
- Optional Add-Ins: nuts/coconut/cocoa powder/different chips (peanut butter/skor/white chocolate)/dried fruit





- **1.** Add chickpeas, peanut butter, maple syrup and vanilla to a food processor or blender and blend until smooth.
- **2.** Add in milk if you would prefer a thinner dip and blend again.
- **3.** Fold in chocolate chips or any other add-ins as desired.
- **4.** Transfer to a serving bowl and serve or place in the fridge for a few hours to allow flavours to meld together.
- **5.** Serve with dipper ideas above.

Adapted from Spoon University and Cook Nourish Bliss



^{*}Quick and easy high fibre and protein snack or dessert!

^{*}Stores well in fridge in air tight container for up to 4 days.