

# Peanut Butter Cookie Dough Hummus

Makes: 6-8 servings

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## Ingredients

- 1-15 oz can chickpeas (or ½ cup dried, soaked and cooked)
- ½ cup peanut butter (or other nut or seed butter)
- ¼ 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
- Dippers: fruit (apple slices/strawberries)/graham crackers/arrowroot cookies/pretzels



## Instructions

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.

\*Quick and easy high fibre and protein snack or dessert!

\*Stores well in fridge in air tight container for up to 4 days.

*Adapted from Spoon University and Cook Nourish Bliss*



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