

## PEANUT BUTTER HUMMUS (PUREED CHICKPEAS)

*Hummus is a traditional food in the Middle East, where it is used as a dip for bread or vegetables. Peanut butter is a wonderful substitute for Tahini, a sesame seed paste, which is added to hummus, but can be difficult to find in the US. If you have a food processor, this dip comes together very quickly. A blender can also be used. Chickpeas are a great source of iron and protein.*

**Makes 1 ½ cups**

**Serving Size: 2 Tablespoons**

### Ingredients

1 can (15 ounces) chickpeas (garbanzo beans), rinsed and drained  
1 garlic clove, peeled and chopped  
2 Tablespoons smooth peanut butter  
2 Tablespoons juice from 1 lemon  
2 Tablespoons olive oil  
2 Tablespoons water  
salt and pepper to taste

### Directions

Place the chickpeas, garlic, peanut butter, and lemon juice in a food processor or blender and blend until smooth. Slowly add the olive oil while the processor or blender is running. If necessary, add water by the tablespoon until the desired consistency is reached. Season to taste with salt and pepper.

Transfer hummus to a bowl and drizzle with more olive oil and sprinkle with paprika, if desired. Serve with pita bread, pita chips or raw vegetables or use as a sandwich spread.



10 servings per container	
<b>Serving size</b>	
<b>2 tablespoons (50g)</b>	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 0.6mg	<b>4%</b>
Potassium 80mg	<b>2%</b>
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	