

Cookie Dough Hummus

INGREDIENTS

- 1, 15-ounce can chickpeas, drained and rinsed
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{8}$ teaspoon baking soda
- 2 teaspoons vanilla extract
- $\frac{1}{4}$ cup creamy peanut butter (or your favorite nut butter)
- $\frac{1}{8}$ - $\frac{1}{4}$ cup low-fat milk, if needed
- $\frac{1}{4}$ cup honey
- $\frac{1}{3}$ cup chocolate chips
- 2 - 3 tablespoons quick oats, as needed to thicken

12 SERVINGS

30 MINUTES



Adapted from:
chocolatecoveredkatie.com



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PROCEDURE

1. In a blender or food processor, combine chickpeas, salt, baking powder, vanilla extract, nut butter, $\frac{1}{8}^{\text{th}}$ cup low-fat milk, honey, and 2 tablespoons of quick oats. Blend on medium speed until smooth.
2. If hummus is too thick, add remaining milk and blend. If hummus has excess liquid, add remaining oats and blend.
3. Transfer hummus to mixing bowl and fold in chocolate chips.
4. Place in refrigerator for about 15 minutes before serving.
5. Serve with your favorite fruit, graham crackers, or your choice of side.

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