Peanut Butter Hummus

Hummus is a popular item sold in grocery stores, but can cost a pretty penny! Make your own by using peanut butter in place of the traditional and hard-to-find ingredient tahini (sesame seed paste) for an affordable and healthy snack.

Makes about 10 servings | Serving Size 2 tbsp
Price Per Serving: $0.14
Prep/Cook Time: 5 minutes

1 can (15 oz) chick peas
2 tbsp peanut butter
3 tbsp olive oil
1 ½ tsp minced garlic
1 lemon, juiced
½ tsp cumin
¼ tsp salt
dash of hot sauce

Place ingredients into a food processor or blender and mix until completely smooth. Serve with cucumber slices and carrot sticks.

![Nutrition Facts](https://www.nutritiondata.com/nutritionfacts/sheet/230867/230867.png)