

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	
Serving Size 1 ounce (28g)	
Amount Per Serving	
Calories 55	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 96mg	4%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 3%
Calcium 1%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	