

Chocolate Chip Cookie Dough Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Serving size: ½ cup

Ingredients	Quantity	Measure
Chickpeas, Canned, drained, rinsed	5	cups
Maple Syrup	1 + (2)	cup + (Tbsp.)
Vanilla Extract	2	Tbsp.
Rolled Oats	½ + (2)	cup + (Tbsp.)
Salt	¼	tsp.
Chocolate Chips	¾	cup

Preparation

1. Add chickpeas, maple syrup, vanilla extract, oats and salt to a food processor. Process until a smooth consistency.
2. Fold the chocolate chips into the hummus with a spoon or spatula until well distributed.

Serving Information

Serve with sliced apples or graham crackers.

Nutrition Information

 *From USDA Nutrient Database

Calories: 328 Total Fat: 5.5g Saturated Fat: 2.5g Monounsaturated Fat: 0.3g Polyunsaturated Fat: 0.6g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 63g Fiber: 7g Total Sugar: 29g Protein: 8g Sodium: 420mg
Vitamin A: 1µg Vitamin C: 5mg Calcium: 77mg Iron: 2.3mg Folate: 80µg

