

# Peanut Butter Hummus

**Prep Time: 15 minutes**

**Makes 6, 1/4 cup servings**

## Ingredients:

- 1 clove garlic, finely chopped  
(or 1 teaspoon minced garlic from a jar)
- 1 (15-ounce) can chickpeas (*garbanzo beans*),  
drained and rinsed
- 1/3 cup warm water
- 4 Tablespoons peanut butter
- 3 Tablespoons lemon juice
- 2 Tablespoons canola or olive oil
- 1/3 teaspoon salt

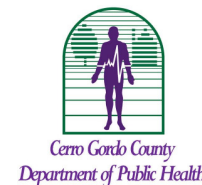
## Directions:

1. Peel and finely chop garlic clove.
2. In a colander, drain and rinse chickpeas.
3. In a blender, add garlic, chickpeas, water, peanut butter, lemon juice, oil, and salt. Blend until smooth. *Note: If blender is not available, simply mash ingredients together with a fork or potato masher.*
4. Transfer dip to medium bowl for serving. Keep refrigerated.
5. Serve with sliced vegetables or whole grain pita chips.



Liquid oils and peanut butter are excellent sources of healthy fat!

H. H. Food Bank & Cerro Gordo County Dept. P. H.. Courtesy of Iowa United Method Church Funds & sponsorship of ITC Holdings



## RECIPE TIPS

### Don't have chickpeas?

Substitute white beans in place of chickpeas!



### What is hummus?

- Hummus is a spread usually made from chickpeas (also known as garbanzo beans), fats (olive oil, sesame seed paste, peanut butter, etc.), and other seasonings (lemon juice, spices, etc.).
- It can also be made with a wide variety of ingredients such as roasted peppers, sweet potatoes, or lentils.

Serving Size: 1/4 cup

### Nutrition Facts:

Calories: 170  
Fat: 11 g  
Saturated Fat: 2 g  
Sodium: 250 mg  
Total Carbohydrates: 12 g  
Fiber: 1 g  
Protein: 6 g



Cerro Gordo County  
Department of Public Health  
**Nutrition Services**

Recipe source: Peanut Butter Hummus. Cooking Matters. Web. Assessed 7/13/15. [www.strength.org](http://www.strength.org)

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