

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

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www.cghealth.com or call 641-421-9300