

RECIPE CARD

Peanut Butter Hummus

Yield: 8 (about 3 tablespoons per serving)

Prep Time: 5 minutes

Total Time: 5 minutes

Ingredients:

- 1 - 15 oz can chickpeas, drained
- 2 tablespoons peanut butter
- 1 lemon, juiced (or 2 tablespoons lemon juice)
- 1 large clove garlic
- 1 tablespoon olive oil, plus more as needed
- 1/2 teaspoon salt
- 2 tablespoons water
- Additional spices or add-ins of your choice

(Try a sprinkle of cumin, paprika, bagel seasoning, or cayenne pepper. You could also throw in a couple roasted red peppers or a handful of fresh chopped herbs.)

Preparation Instructions:

1. Combine all ingredients in a food processor and blend until smooth. If necessary, add more olive oil to reach desired consistency.
2. Store in an airtight container in the fridge for up to one week.