

Cookie Dough Hummus



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Recipe

From the Poe Center

Title: **Cookie Dough Hummus**

Serves: 6 Total Time: 5 minutes

Equipment: food processor, rubber spatula, bowl

Ingredients:

1 can chickpeas, rinsed
½ cup nut butter
2 ½ tbsp honey or agave
¼ tsp cinnamon
½ tsp vanilla extract
Splash of milk
Mini chocolate chips

Instructions:

Add chickpeas to the food processor and blend until finely chopped.
Add nut butter, honey, and cinnamon.
Blend again until smooth.
Add vanilla and milk and blend until desired consistency.
Stir in chocolate chips and refrigerate. Serve with apple slices!



Special Tip:

Replace nut butter with sunflower butter to make it nut-free!

For more recipes and resources, visit www.poehealth.org