

# Cookie Dough Hummus

## INGREDIENTS

1 1/2 cups (350 mL) cooked chickpeas  
2 Tbsp (30 mL) almond butter or peanut butter  
2 Tbsp (30 mL) coconut oil, room temperature  
2 Tbsp (30 mL) maple syrup  
1 tsp (5 mL) ground cinnamon  
1 tsp (5 mL) vanilla extract  
1/4 tsp (1 mL) sea salt  
1/4 cup (60 mL) mini dairy-free chocolate chips

## PREPARATION

Place all ingredients, except chocolate chips, in food processor. Purée until smooth, stopping to scrape down sides if necessary. Transfer mixture to medium bowl and stir in chocolate chips. Cover and chill for at least 2 hours.

Serve with apple slices, pear slices, or celery sticks for dipping. Once chilled, hummus can also be rolled into bite-sized balls and served as cookie dough “truffles.”

Hummus can be kept covered in refrigerator for up to 1 week.

Serves 6.

Each serving contains: 193 calories; 5 g protein; 11 g total fat (6 g sat. fat, 0 g trans fat); 22 g carbohydrates (10 g sugars, 3 g fibre); 103 mg sodium

source: “[Heightened Hummus](#)”, *alive* #383, September 2014

ENJOY 😊