



## April 20- Cookie Dough Hummus

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=118649>

### Recipe

#### Ingredients:

- 15.5- ounce can chickpeas
- 1 Tablespoon reduced fat peanut butter
- ¼ cup unsweetened applesauce
- 1 teaspoon canola oil
- 1 teaspoon vanilla
- 1 Tablespoon maple syrup
- 1 teaspoon cinnamon
- 2 Tablespoon raisins
- ½ cup oats

#### Directions:

1. Combine all ingredients except raisins and oats in blender; blend until smooth and creamy
2. Add raisins and oats; mix well.

Yield 6 servings

Nutrition Facts	
Serving Size 1/2 cup (107.59g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 170	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 5g	<b>21%</b>
Sugars 9g	
<b>Protein</b> 7g	<b>13%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	