



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	
Calories 170	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	21%
Sugars 9g	
Protein 7g	13%
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	