

Market District Demo Recipes

Dessert



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Peanut Butter Cookie Dough Hummus

Serves: 14

Modified from: www.cooknourishbliss.com

Items Needed: can opener, food processor, measuring cups, measuring spoons, spatula, serving bowl

Ingredients:

- 1 (15 ounce) can chickpeas, drained and rinsed well
- 1/3 cup coconut sugar
- 1/2 cup creamy peanut butter
- 1/4 teaspoon fine sea salt
- 3 Tablespoons unsweetened plain almond milk
- 1 1/2 teaspoons vanilla extract
- 1/4 teaspoon almond extract
- 1/4 cup dark chocolate chips

Directions:

1. Add the chickpeas, coconut sugar, peanut butter, salt, almond milk, vanilla extract and almond extract to the bowl of a food processor.
2. Process for about 1 minute, stopping once halfway through to scrape down the bowl, until the hummus is nice and smooth. If you want to thin out the hummus, add a small splash of almond milk and process again.
3. Transfer to a serving bowl, fold in the chocolate, and serve with desired dippers, or eat with a spoon!

Nutrition Information (per 2 Tablespoons):

Calories: 123 Fat: 5.5 g Carbs: 14 g Protein: 4 g Fiber: 2 g Sodium: 168 mg