



COOKIE DOUGH HUMMUS

SERVES: 6 (¼ cup each) **Prep Time: 10 min. Cooking Time: None**

CONTAINER EQUIVALENTS (per serving): 1½ ½
VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½ ½

1¾ cups **canned chickpeas, drained and rinsed**
¼ cup **dry rolled oats**
½ cup **unsalted cashews**
3 Tbsp. **pure maple syrup**
2 tsp. **pure vanilla extract**
2 Tbsp. **unsweetened coconut milk beverage**
1 Tbsp. + 1 tsp. **semisweet mini chocolate chips**

1. Combine chickpeas, oats, cashews, maple syrup, extract, and coconut milk in a blender or food processor; cover. Process for approximately 2 minutes, or until smooth. Scrape down sides as needed.
2. Place mixture in a large bowl. Fold in the chocolate chips.
3. Serve immediately, or refrigerate, covered, until ready to serve. Store refrigerated in an airtight container for up to 5 days.

RECIPE NOTES:

- This is a very thick hummus (to imitate the texture of cookie dough) so you may need to scrape down the sides of your blender often.
- Apple slices are probably our favorite accompaniment for this hummus, but pears work well too, as do carrots, or just enjoy it with a spoon!

NUTRITIONAL INFORMATION (per serving): Calories: 184 Total Fat: 6 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 21 mg Carbohydrates: 25.5 g Fiber: 4 g Sugars: 7 g Protein: 6 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.