Peanut Butter Hummus

Approximate cost of the recipe: $1.45, $0.24 per serving (Serves 6)

Ingredients

1 (15 oz) Can

2 Tbsp

2 tsp

1/4 cup

1/4 tsp

1/4 tsp

1/2 tsp

Tools Needed:
Directions:

1. Wash your hands.
2. Drain and rinse the can of chickpeas.
3. Drain and rinse again in a colander.
4. Blend the chickpeas with spices and other ingredients.
5. Serve the hummus with pita and pretzels.