

PEANUT BUTTER HUMMUS

Serves: 6

Approximate Cost of the Recipe: \$1.45

Approximate Cost per Serving: \$0.24

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INGREDIENTS:

- 1 (15 oz) can chickpeas
- 2 Tablespoons peanut butter
- 1/4 cup olive oil
- 2 Tablespoons lemon juice
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1/2 teaspoon paprika

DIRECTIONS:

1. Wash hands and surfaces. Rinse fresh produce (if using) under running water.
2. Wipe off the top of the can of chickpeas. Drain and rinse under running water.
3. Mash chickpeas with a fork or potato masher until you reach desired consistency.*
4. Add peanut butter, olive oil, lemon juice, black pepper, salt, and paprika. Mix until smooth.
5. Serve and enjoy!

**If using a food processor, add all ingredients to processor and blend until you reach desired consistency.*