

Snickerdoodle Hummus



This is a rich and creamy dessert hummus perfect for satisfying your sweet tooth while including more fiber and plant-based protein into your snack game!

YIELD	PREP TIME	TOTAL TIME
10 SERVINGS	5 MIN	5 MIN

INGREDIENTS

1 (15oz) can	White Beans, drained and rinsed
¼ cup	Maple Syrup
¼ cup	Cashew Butter, creamy
2 Tbsp	Oats, quick or old-fashioned
2 tsp	Vanilla Extract
2 tsp	Cinnamon, ground
¼ tsp	Kosher Salt

CHEF'S NOTES

Sliced apples or graham crackers make great dippers with this sweet hummus. It can also be used as a tasty, fiber and protein-rich spread on toast!

Chickpeas are traditionally used for hummus, but you can use any bean or legume to make this hearty dip! We like white beans in this dessert version for their mild taste and creamy texture. You can use other nut butters like almond or peanut butter for a different flavor or swap the nut butter for sunflower seed butter to make it nut free!

Extra hummus can be stored in an airtight container in the refrigerator for up to 5 days.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Drain and rinse the white beans. In a microwaveable safe bowl, microwave the beans until hot (about 1-2 minutes on high). This will result in smoother hummus.
3. In a food processor or blender, blend the oats to form a fine flour.
4. Add the beans, maple syrup, nut butter, vanilla, cinnamon, and salt and blend the mixture until smooth. If the hummus is too thick, add warm water, one tablespoon at a time, until the hummus is smooth and creamy.
5. Store the hummus in refrigerator for at least 30 minutes to chill. The hummus is ready to eat as is but will have a better texture and flavor if allowed to cool before eating.

Nutrition Facts

10 servings per container

Serving size 2 Tbsp (68g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 90mg 4%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 7%

Total Sugars 5g

Includes 5g Added Sugars 10%

Protein 3g 6%

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1.3mg 6%

Potassium 190mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

