



Apple Spice Hummus

Prep Time: 15 minutes

Cost per serving: \$0.13

What you need:

Utensils:

- Knife & cutting board
- 2 Large bowls
- Blender
- Spoon
- Measuring spoons

Ingredients:

- 1 15-ounce can garbanzo beans, drained and rinsed
- 1 small apple, chopped
- 3 tablespoons lemon juice
- 2 tablespoon creamy peanut butter
- 1 to 2 tablespoons water
- ¼ teaspoon apple pie spice
- ⅛ teaspoon chili powder

What to do:

1. Wash your hands and clean your cooking area.
2. Combine garbanzo beans, apple, lemon juice, peanut butter, water, apple pie spice, and chili powder in a large bowl.
3. Spoon half of the mixture into a blender.
4. Cover the appliance and blend the mixture until smooth.
5. Remove mixture in the blender and put in second bowl.
6. Repeat steps 3 to 5 with the remaining bean mixture.
7. Stir to mix all ingredients together.
8. Cover dip and chill. It may be chilled for up to 3 days.
9. Before serving, sprinkle with chili powder; serve with apples, carrots, and whole wheat crackers.



BETTER LIVING
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Nutrition Facts

Serving Size 2 tablespoons
Servings Per Container 12

Amount Per Serving

Calories 70 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 2g

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 4%