

# PEANUT BUTTER HUMMUS

Servings: 8

Serving Size: 3 tbsp.

Prep Time: 5 minutes

## ingredients

- 15 oz can chickpeas, drained
- 2 tbsp peanut butter
- Juice from 1 lemon or 2 tbsp lemon juice
- 1 large clove garlic
- 1 tbsp olive oil, plus more as needed
- ½ teaspoon salt
- 2 tbsp water
- Additional spices or add-ins of your choice\*

*\*Try a sprinkle of cumin, paprika, bagel seasoning, or cayenne pepper. You could also throw in a couple roasted red peppers or a handful of fresh chopped herbs.*

## instructions

1. Combine all ingredients in a food processor and blend until smooth. If necessary, add more olive oil to reach desired consistency.
2. Store in an airtight container in the fridge for up to one week.