

PEANUT BUTTER HUMMUS

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1/4 cup)

Nutrition (per serving)

Calories: 77

Total Fat: 3 g

Saturated Fat: 0.3 g

Sodium: 223 mg

Total Carbohydrate: 12 g

Dietary Fiber: 3 g

Protein: 4 g



Ingredients

- 1 cup hot water
- 1 Tablespoon raisins
- 1 teaspoon ground cinnamon
- ¼ cup unsweetened applesauce
- 1 ½ Tablespoons peanut butter
- ½ teaspoon vanilla extract
- 1/8 teaspoon coconut extract
- 2 Tablespoons sugar-free maple syrup (make sure gluten free for GF version)
- ½ teaspoon canola oil
- 1 (15 ounce) can garbanzo beans, drained
- 1 Tablespoon quick cooking oats (use certified gluten free oats for GF version)



OSF[®]
HEALTHCARE

Directions

1. Pour hot water over raisins and cinnamon. Let stand for 10 minutes, drain, and set aside.
2. Place the applesauce, peanut butter, extracts, syrup, canola oil, drained raisins and instant oatmeal in the food processor. Process until smooth.
3. Add ½ can of garbanzo beans at a time and process until mixture is smooth.
4. Serve with apple slices, cinnamon pita chips, or graham crackers



OSF[®]
HEALTHCARE