

## HEALTHY COOKIE DOUGH DIP

### INGREDIENTS

- 1 ½ cups cooked or canned **chickpeas\***
- Pinch of **salt**
- 2 teaspoons **vanilla extract**
- ¼ cup **nut butter**
- 3 tablespoons **brown sugar**
- Up to ¼ cup **milk**
- ½ cup **chocolate chips** or **chunks**
- **Graham crackers** and/or sliced **fruit** for serving

*\*Drain and rinse if using canned goods*

### DIRECTIONS

1. Add chickpeas, salt, vanilla, nut butter, and brown sugar to a food processor or blender and blend until smooth.
2. Drizzle in milk and blend until mixture is fluffy (you may not need to use all of the milk).
3. Place mixture into a bowl and fold in chocolate chips.
4. Serve with graham crackers and/or sliced fruit like strawberries, bananas, or apples.

## HUMMUS

### INGREDIENTS

- 1 ½ cups cooked or canned **chickpeas\***
- 1 clove **garlic**
- 3 tablespoons **lemon juice**
- ½ teaspoon **salt**
- 2 tablespoons of **olive oil**
- Up to 3 tablespoons of **water**
- **Crackers, pita**, and/or cut **vegetables** for serving

*\*Drain and rinse if using canned goods*

### DIRECTIONS

1. Add chickpeas, garlic, lemon juice, salt, and olive oil to a food processor or blender and blend until smooth.
2. Drizzle in water and blend until desired consistency is reached (you may not need to use all of the water).
3. Serve with crackers, pita, and/or cut vegetables like carrots and cucumbers.