



## Chocolate Chip Cookie Dough Hummus

Ingredients:	Weight:	Measure:
Garbanzo or White Cannellini beans, drained or cooked fry dry	4 lbs. 2 oz.	OR ½ gallon + 1 pint (10 cups total)
Maple syrup		2 ¼ cups
Vanilla extract		¼ cup + ½ Tbsp.
Rolled oats		1 ¼ cups
Salt		½ tsp
Chocolate chips		1 ½ cups
<b>Garnishes:</b>		
Graham crackers	1 lb. 4 oz.	
Apple slices		2 ½ cups

### PREPARATION

Add the beans, maple syrup, vanilla extract, oats and salt to a food processor. Mix until smooth consistency.

Fold the chocolate chips into the hummus with a spoon or spatula until well distributed.

*HACCP Critical Control Point: Hold at internal temperature of 40°F or below.*

### SERVING INFORMATION

Serve ½ cup hummus with favorite cracker or fruit. Each serving provides 2 meat alternates.

OR

Serve ¼ cup hummus with favorite cracker or fruit. Each serving provides 1 meat alternate.

### NUTRITION INFORMATION per 2

**m/ma** \*From USDA Nutrient Database

Calories: 328

Total Fat: 5.5g

Saturated Fat: 2.5g

Monounsaturated Fat: 0.3g

Polyunsaturated Fat: 0.6g

Trans Fat: 0g

Cholesterol: 0mg

Carbohydrate: 63g

Fiber: 7g

Total Sugar: 29g

Protein: 8g

Sodium: 420mg

Vitamin A: 1µg

Vitamin C: 5mg

Calcium: 77mg

Iron: 2.3mg

Folate: 80µg