



Carrot Cake Dessert Hummus

Ingredients:

- 1 cup steamed carrots
- 1 ½ cups cooked chickpeas
(or 1 (15 oz.) can no-salt-added or low sodium chickpeas, drained)
- ½ cup unsweetened soy, hemp or almond or other nut milk
- ¼ cup raw pecans
- 1 large dash vanilla extract
- 2-4 pitted dates, adjusted to taste
- ½ cup fresh pineapple chunks
- ½ cup unsweetened coconut, adjusted to taste
- ¼ cup raisins, whole or chopped into halves
- ¼ cup raw walnuts, chopped into small pieces
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp ground ginger

Nutritional Information:

- Servings: 6
- Calories: 216 kcal
- Fat: 11 g
- Saturated Fat: 4.4 g
- Unsaturated Fat: 5 g
- Cholesterol: 0 mg
- Sodium: 29 mg
- Carbohydrates: 25g
- Fiber: 6.5 g
- Sugar: 7.8 g
- Protein: 8 g

Instructions:

- Put carrots, chickpeas, milk, pecans, vanilla extract, dates, and pineapple into blender and blend until smooth. Transfer mixture to bowl and add coconut, raisins, and walnuts and spices. Stir thoroughly and chill if desired. Serve with apple slices or other fruit, or eat by itself.