



Gingerbread Cookie Dessert Hummus

Ingredients: **Serves: 8**

1 can chickpeas (15oz)
1 tsp ginger
1 tsp cinnamon
¼ cup molasses
½ tsp cloves
2 tbsp. brown sugar
1 tsp ginger paste
¼ cup walnuts
3-4 dates
1 tsp vanilla
½ cup almond milk

Nutritional Information:

- Servings: 1
- Calories: 137 kcal
- Fat: 3 g
- Saturated Fat: <1 g
- Unsaturated Fat: 2 g
- Cholesterol: 0 mg
- Sodium: 115 mg
- Carbohydrates: 25 g
- Fiber: 3 g
- Sugar: 15 g
- Protein: 3 g

Instructions:

- Put chickpeas, walnuts, molasses, dates, ginger, cinnamon, cloves, brown sugar, vanilla, ginger paste, and almond milk into blender and blend until smooth. Transfer mixture to bowl and add raisins, if desired. Serve with apple or pear slices or your choice of fruit. It's so good try it by itself too!