



SWEET HUMMUS DIP

Chocolate Chip Cookie Dough

INGREDIENTS:

- 1 c. **Garbanzo Bean Flakes** (501550 or 501551)
- $\frac{2}{3}$ c. water (*boiling mixes best*)
- $\frac{1}{3}$ c. peanut butter
- $\frac{1}{4}$ c. brown sugar
- $\frac{1}{4}$ c. mini chocolate chips
- 1 pinch of salt

DIRECTIONS:

1. Put all ingredients in food processor or blender, except chocolate chips, pulse together until well blended.
2. Stir in chocolate chips.
3. Chill for 30 minutes before serving. The flavors will become more defined as it rests.

P.B. & J Hummus

INGREDIENTS:

- 1 c. **Navy Bean Flake** (502250)
- 1 c. water (*boiling mixes best*)
- 1 c. peanut butter (*or almond or cashew*)
- $\frac{1}{4}$ t. salt
- 2 T. maple syrup
- 1 t. vanilla
- 1 pinch of salt
- 4 T. jam or jelly

DIRECTIONS:

1. Put **Navy Bean Flakes**, boiling water, nut butter, salt, maple syrup, vanilla, and salt in the food processor, pulse together until well blended.
2. Chill approximately 30 minutes.
3. Top with jam or jelly, and serve with graham crackers, apple slices, or pretzels.