

Apple Butter Hummus

Prep Time: 10 Min Total Time: 10 Min

Serves 1

Ingredients

1 Apple, sliced thin

15g Pea Protein - Kirkman

About 1 1/2 - 2oz Water

1/2 tsp. Ginger

1/2 tsp. Cinnamon

Stevia to sweeten

Instructions

- 1 Mix dry ingredient's with water.
- 2 Then dip away

Notes

The resulting hummus reminds me of Apple Butter when I was a Kid.This is my little breakfast each morning. Very simple and yet rather tasty.

team victory / spray it away <http://sprayitaway.ca/>