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## **Peanut Butter Hummus**

### **Ingredients**

1 (15 oz.) can chickpeas, drained and rinsed  
1/2 tsp baking soda  
1/3 cup creamy peanut butter  
Juice of 1/2 lemon  
2 tbsp extra-virgin olive oil  
2 tsp honey  
1 garlic clove, minced  
1 tsp paprika  
1/2 tsp cumin powder  
1/4 tsp salt

### **Directions**

1. Place chickpeas in a medium saucepan and add the baking soda. Add enough water to cover the chickpeas by about 2 inches, then bring the mixture to a boil over high heat. Reduce heat to medium low, cover, and continue cooking for about 20 minutes or until chickpeas are very soft. Drain the chickpeas in a colander and run cool water over them for about 30 seconds.
2. Place chickpeas and remaining ingredients in a food processor and blend until very smooth. To create a creamier texture, blend in cold water 1 tablespoon at a time.