



SNICKERDOODLE HUMMUS WITH PEARS AND PRETZELS

Yield: 4 Servings



Ingredients

- 1 cup
- 2½ tablespoons
- 1½ tablespoons
- 1 teaspoon
- 1 teaspoon
- Pinch
- 1¼ tablespoons
- 4 ounces
- ½ teaspoon
- 8 ounces
- Low Sodium Canned Chickpeas
- Sunflower Seed Butter Spread
- Honey
- Ground Cinnamon
- Vanilla Extract
- Kosher Salt
- Vegetable Oil
- Pretzel Twists
- Ground Cinnamon
- Sliced Fresh Pears (approximately 2)

Procedures

1. In a food processor, mix chickpeas, sunflower seed butter, honey, 1 teaspoon ground cinnamon, vanilla extract, and salt. Purée until smooth and well combined.
2. Toss pretzels with ½ teaspoon cinnamon.
3. To serve, portion 2 ounces hummus with 1 ounce pretzels and 2 ounces pear slices.

Nutrition Facts	
1 serving per container	
Serving size	1 ea (153 g)
Amount per serving	
Calories	305
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	4%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 604mg	25%
Total Carbohydrate 49g	20%
Dietary Fiber 5g	20%
Total Sugars 16g	
Includes 7g Added Sugars	15%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 3mg	15%
Potassium 290mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	