

Snack Plate with Blueberry Dessert Hummus

Servings: **6** (recipe yields approximately 2 1/2 cups of hummus total)

Prep Time: **10 MIN**



INGREDIENTS

- **1 can (15 oz.)** chickpeas, drained and rinsed
- **1/4 cup** tahini paste
- **1/4 cup** lemon juice
- **1 cup** frozen blueberries, thawed and rinsed
- **1/3 cup** packed brown sugar
- **1 teaspoon** vanilla extract
- **1/2 teaspoon** ground cinnamon
- **2** apples, cored and sliced
- **12 graham** crackers
- **1 cup** pretzel rods or knots

INSTRUCTIONS

- 1** In a food processor, combine chickpeas, tahini and lemon juice until blended. Add blueberries, brown sugar, vanilla and cinnamon; pulse until smooth.
- 2** Serve with apple slices, graham crackers and pretzels.



Grab a
boost of
blue