

Peanut Butter Hummus Dip for Picky Eaters



Ingredients:

- 1 can chickpeas or garbanzo beans (15-19 oz.)
- 4 tablespoons peanut butter
- 2 tablespoons olive oil
- 3 tablespoons lemon or lime juice
- 1 clove garlic, crushed
- ¼ teaspoon salt (or omit)
- 2 or 3 small ice cubes

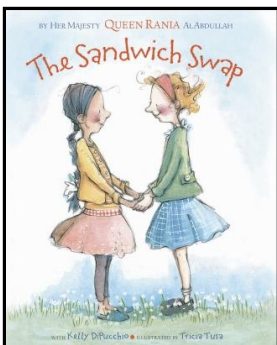
Preparation:

In a food processor or blender, combine chickpeas, peanut butter, olive oil, juice, garlic, and salt. Add ice cubes one at a time to desired consistency. If mixture is too thick, add warm water, one teaspoon at a time.

Serve dip with fresh celery, carrots, cucumber, pita chips, or other crisp veggies or favorite crackers. Refrigerate up to three days.

Like it spicy? Add Sriracha sauce, ¼ teaspoon at a time, to taste.

California Young Reader Medal nominee, 2013



The Sandwich Swap

by Her Majesty Queen Rania of Jordan Al Abdullah
When best friends Lily and Salma let peanut butter and hummus come between them, a food fight breaks out until they learn that friendship is more powerful than differences.

