



UNIVERSITY OF GEORGIA
EXTENSION

CHOCOLATE PEANUT BUTTER HUMMUS

Sourced from National Peanut Board

TOTAL TIME: 5-7 MINUTES
SERVINGS: 6
SERVING SIZE: 1/2 CUP

Suggested Age: 2+ years old



NUTRITION FACTS

257 calories

Total Fat: 13g

Carbohydrates: 28g

Fiber: 6g

Protein: 10g

Sodium: 357mg

Cholesterol: 0mg

INGREDIENTS

1 can chickpeas, drained and rinsed well

1/2 cup creamy peanut butter

3 tablespoons milk

1/4 cup brown sugar

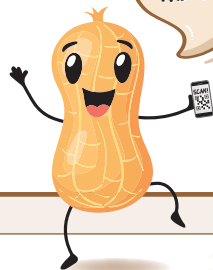
2 tablespoons cocoa powder

1 teaspoon vanilla extract

1/4 teaspoon salt

DIRECTIONS

1. Add all ingredients into a food processor/blender and process/blend until completely smooth.
2. Serve with graham crackers, carrot sticks, or apple slices.



SCAN QR CODE FOR
THE ONLINE RECIPE!



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RECIPE TIPS

Add a little more milk, if necessary, to create a smooth consistency.

Taste and adjust sweetness by adding more brown sugar, if needed.



NUTRITION TALK

Chickpeas, also known as garbanzo beans, can be a good plant-based protein source!

Peanut butter is another plant-based protein source providing healthy fats and fiber.



EARLY INTRODUCTION GUIDELINES

Start introducing allergenic foods early to reduce allergy risk! Waiting won't prevent food allergies!

Like learning to read, *early and often is best!*

WHEN? **Most Babies?**

Introduce peanut-containing foods alongside other foods around 6 months and before 12 months.

High-Risk Babies?

(Has severe eczema, egg allergy, or both)

Introduce peanut-containing foods alongside other foods between 4 and 6 months.

HOW? **How Much?**

2 teaspoons

How Often?

3 times per week

