



Walnut Hummus Dip with Apples

Servings: 10

Serving Size: 2 Tablespoons dip and 1/2 apple

Ingredients:

- 1 (15.5 ounce) can chickpeas, rinsed and drained
- 1/2 cup walnuts
- 1 Tablespoon vegetable oil
- 1/2 teaspoon orange zest
- 1/8 cup orange juice
- 1 garlic clove, minced
- Salt and pepper to taste
- 5 apples for dipping, washed, cored, and sliced

Directions:

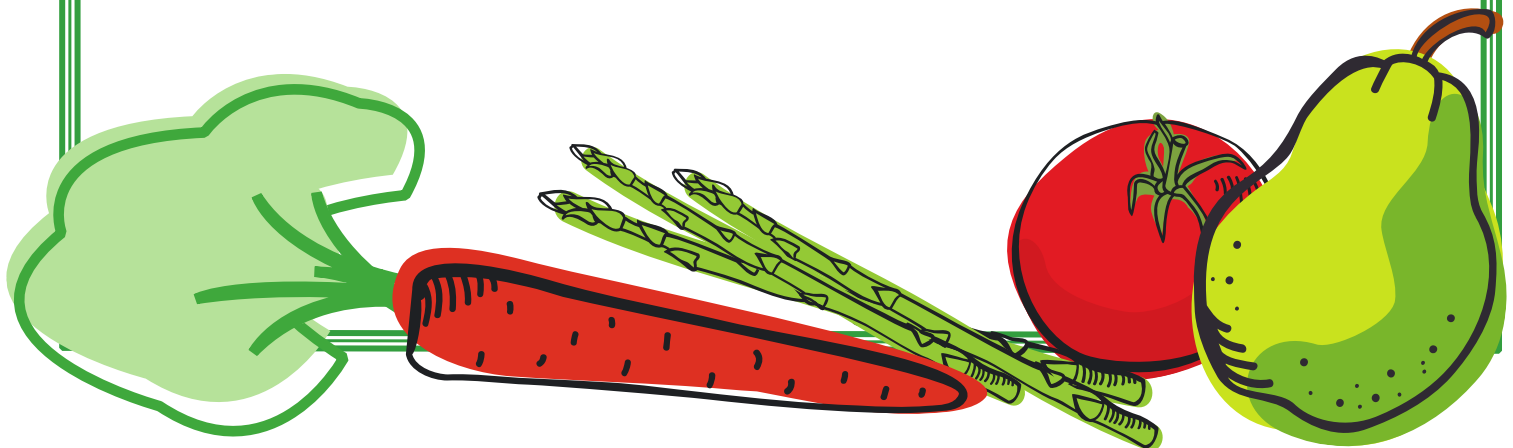
1. Toast walnuts until golden in a non-stick skillet for 3-5 minutes.
2. Cool. Blend chickpeas in a food processor, add walnuts, oil, orange zest, orange juice, salt and pepper until well blended.
3. Pour into serving bowl.
4. Serve immediately with sliced apples. To prevent apples from discoloring, sprinkle with lemon juice.

Nutrition Facts	
Serving Size 1/2 cup, 1/2 apple	
Servings Per Container 20	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 11g	
Protein 3g	
Vitamin A 2%	• Vitamin C 10%
Calcium 2%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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