

Oatmeal Raisin Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Garbanzo or white cannellini beans, drained or cooked from dry	2 ½ -#10 cans OR 1 1/2 gallons + 1 cup	5-#10 cans OR 3 gallons + 1 pint
Maple Syrup	1 ¼ quarts + ½ cup (5 ½ cups total)	2 ½ quarts + 1 cup (11 cups total)
Vanilla extract	¾ cup	1 ½ cups
Rolled oats	3 cups	1 ½ quarts (6 cups total)
Salt	1 tsp	2 tsp
Raisins	3 ¾ cups	1 ½ quarts + 1 ½ cups (7 ½ cups total)

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

1. Add the beans, maple syrup, vanilla extract, oats and salt to a food processor. Mix until smooth consistency.
2. Fold the raisins into the hummus with a spoon or spatula until well distributed.

Serving Information

Serve ½ cup hummus with fruit or equivalent grain. Each serving provides 2 meat alternates.

OR

Serve ¼ cup hummus with fruit or equivalent grain. Each serving provides 1 meat alternate.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 303 Total Fat: 2g Saturated Fat: 0.3g Monounsaturated Fat: 0.3g Polyunsaturated Fat: 0.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 63g Fiber: 6.5g Total Sugar: 29g Protein: 7.5g Sodium: 423mg Vitamin A: 1µg Vitamin C: 5mg Calcium: 84mg Iron: 2.3mg Folate: 81µg