



Makes 2 cups
Preparation Time: 10 minutes

INGREDIENTS:

16 oz. oil-free hummus

1 cup chopped whole wheat
pretzels

½ cup sweetened dried
cranberries

¼ cup chopped scallions

¼ cup chopped fresh parsley

2 tablespoons nutritional yeast

1 teaspoon crushed red pepper

1 teaspoon vegan
Worcestershire sauce

½ teaspoon garlic powder

½ teaspoon liquid smoke

Freshly ground black pepper, to
taste

¾ cup chopped pecans

16 whole grain crackers, such as
Wasa Whole Grain Crispbreads

Cranberry Hummus Vegan Cheese Ball

Perfect for the holidays, this festive **appetizer** from Kiki Nelson comes together in just 10 minutes. Blend creamy **hummus** with sweet dried cranberries, smoky seasonings, and crunchy pretzels for a flavor-packed twist on a classic. Shape it into a ball then press chopped pecans into the surface for a beautiful, nutty finish. Serve with whole grain crackers, crisp seasonal veggies, or fresh fruit for an easy, crowd-pleasing centerpiece.

From *PlantifulKiki.com*

For more inspiration, check out these tasty ideas:

- [Kiki Nelson's Candy Bar Bites](#)
- [Air Fryer Waffle Fries with Dipping Sauce](#)
- [Whole Grain Soft Pretzel Bites](#)

By Kiki Nelson

- 1** In a medium bowl combine the first 11 ingredients (through black pepper). Mix until well incorporated.
- 2** With a large spoon, scoop the mixture onto a plate and form it into a ball. (You can use your hands to shape the ball; dampen your hands with water to help keep the hummus from sticking to them.)
- 3** Once the ball is formed, press the chopped pecans onto the surface to cover the ball. Serve with fresh vegetables, seasonal fruit, and whole grain crackers.