

Making it delicious

Chocolate Hummus



Ingredients

- 1 (15 oz.) can chickpeas
- 1/3 cup milk
- 1/3 maple syrup, honey or brown sugar
- 1/3 cup nut/seed butter
- 1/3 cup cocoa powder
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt



Recipe adapted from: ambitiouskitchen.com "The Best Chocolate Hummus"

Instructions

- Drain & rinse the chickpeas.
- Add all ingredients into a food processor.
- Blend until very smooth, using a spatula to scrape down the sides and eliminate air pockets as needed.
- Enjoy as a dip with apple slices, strawberries, graham crackers, pretzels, rice cakes, or whatever you like!