



Brownie Batter Chocolate Hummus

SERVINGS: 8

PREPPING TIME: 10 MINS

COOKING TIME: 0 MINS

INGREDIENTS

- 1 15-oz. can low-sodium chickpeas
cooked, rinsed and drained
- 1/4 cup unsweetened cocoa powder
- 1/4 cup maple syrup
- 3 tbsp. almond butter
- 1/4 cup coconut sugar
- 1 tsp. vanilla extract
- 1/4 tsp. sea salt
- 2 tbsp. water adjust depending on the
consistency that you want

DIRECTIONS

1. Place all of the ingredients in a food processor and blend until smooth.
2. Gradually add more water if needed to thin out the hummus. Be careful not to add too much.
3. Spread in a bowl and garnish with your favorite fruits, chocolate chips, etc.
4. Serve immediately or after it is chilled in the refrigerator for a couple of hours.

NUTRITION

Serving size: 2 tbsp.
(per serving) 150 calories, 4.5g fat, 0g saturated fat, 0mg cholesterol, 80mg sodium, 24g carbohydrate, 3g fiber, 15g sugar, 4g protein