

# Chocolate Dessert Hummus

4 ingredients · 10 minutes · 4 servings



## Directions

1. Add all ingredients to a food processor or blender and blend until smooth. Occasionally scrape down the sides as needed.
2. Transfer to a bowl and enjoy!

## Notes

### Serve it With

Pretzels, crackers, brown rice tortilla chips, rice cakes or spread on toast with sunflower seed butter, nut butter and/or banana slices.

### More Toppings

Add chocolate chips, coconut flakes, peanut butter chips and/or crushed hazelnuts.

### Leftovers

Refrigerate in an air-tight container up to 5-7 days.

### Serving Size

One serving is equal to approximately 1/2 cup.

## Ingredients

**2 cups** Chickpeas (cooked or canned)

**1/4 cup** Cocoa Powder

**1/4 cup** Maple Syrup

**3/4 cup** Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	204	<b>Cholesterol</b>	0mg
<b>Fat</b>	3g	<b>Sodium</b>	39mg
<b>Carbs</b>	39g	<b>Vitamin A</b>	116IU
<b>Fiber</b>	8g	<b>Vitamin C</b>	1mg
<b>Sugar</b>	16g	<b>Calcium</b>	151mg
<b>Protein</b>	9g	<b>Iron</b>	3mg