

BEYOND HUNGER

Chocolate Hummus

This chocolate hummus recipe is perfect for when you want something easy to make, sweet, and high in protein! You can customize the type of beans, sweetener, and nut butter you use to your family's preference. Enjoy this recipe with pretzels, strawberries, or bananas!

Yields: 2 cups

Serving Size: ½ cup

Ingredients:

- 1 can of beans of choice (black beans, chickpeas, white beans)
- 3 tablespoons cocoa powder
- 3 tablespoons sweetener (maple syrup, honey, sugar)
- 2 tablespoon nut butter (peanut/almond or seed butter, if preferred)
- ¼ teaspoon salt
- ¼ cup water

Instructions:

1. Drain can of beans and rinse well with cool water. Allow beans to drain/dry.
2. Combine the beans, cocoa powder, sweetener, nut butter, salt, and water in a blender.
3. Blend until smooth and refrigerate in a covered container until chilled. Serve cold and enjoy with pretzels, strawberries, bananas, or whatever “dipper” you prefer!

Per Serving: Calories 226 kcal, Total Fat: 5g Saturated Fat 0.5g, Sodium 232mg, Sugars 19g

This recipe was adapted from Budgetbytes.com