

Chocolate Hummus

Side

SERVING SIZE: ¼ Cup

YEILD: 14 SERVINGS

MEAL PATTERN CONTRIBUTION: 1 oz eq m/ma OR ¼ cup veg

Ingredients and Instructions

Chickpeas, canned	2 – 15 oz cans
Peanut Butter (sunbutter/wowbutter)	½ Cup
Maple Syrup or Honey	½ Cup
Cocoa Powder	1 Cup
Vanilla Extract	2 tsp
Salt	¼ tsp

1. Drain the chickpeas.
2. Place all ingredients into a food processor plus 4 Tbsp of water or the water from the chickpea can. Puree for 30 seconds, then scrape down the bowl. Taste: adjust the flavor if necessary. Add additional water if necessary and puree again until you have a smooth consistency.
3. Store in the refrigerator.