

# CHOCOLATE HUMMUS

Serving size: ¼ cup

Makes 19 servings

- 10 oz Garbanzo Beans, dry
- 1 cup Semi Sweet Chocolate Chips
- 1/3 cup Baking Cocoa
- 2/3 cup Pure Maple Syrup
- ½ cup Skim Milk
- 1 tsp Salt
- 2 TBSP Pure Vanilla Extract

## Preparation:

1. Soak garbanzo beans overnight.
2. Cover garbanzo beans with water and cook until VERY tender (beans should be starting to split). Drain beans.
3. Melt chocolate chips over a double boiler.
4. In a food processor, combine cooked garbanzo beans, melted chocolate, cocoa, maple syrup, skim milk, salt and vanilla.
5. Process until smooth.
6. Serve with sliced fruit.

NOTE: beans must be cooked until VERY tender to ensure smooth consistency of the hummus. Canned beans can be used. If using canned beans, use 'no salt added' beans or reduce salt to ½ tsp.



*Registered Dietitian Approved!*



Scan here to download recipe!

## NUTRITION FACTS PER SERVING

|                        |     |
|------------------------|-----|
| calories               | 140 |
| total fat (g)          | 4   |
| saturated fat (g)      | 2   |
| trans fat (g)          | 0   |
| sodium (mg)            | 110 |
| total carbohydrate (g) | 24  |
| dietary fiber (g)      | 3   |
| sugar (g)              | 14  |
| protein (g)            | 4   |