



### INGREDIENTS

- 1, 15 oz can Chickpeas
- 3-4 tbsp Maple Syrup
- ¼ cup Peanut Butter
- ¼ - ½ tsp Sea Salt
- 4 tbsp Cocoa Powder
- 2 tbsp water
- Chocolate Chips, optional

### DIRECTIONS

1. Combine all ingredients except water in food processor.
2. Puree until mixture is smooth and add water to create desired consistency.



## Dessert Chocolate Hummus

*Fall 2019 Cooking Class |  
Dairy-Free | Gluten Free | Vegetarian | Vegan*

Yield:  
8 Servings

Prep Time:  
5 Min

Cook Time:  
5 Min

### NUTRITION FACTS

Calories:	Fat:	Carbohydrate:	Fiber:	Protein:
251 kcal	7 g	38 g	10 g	11 g