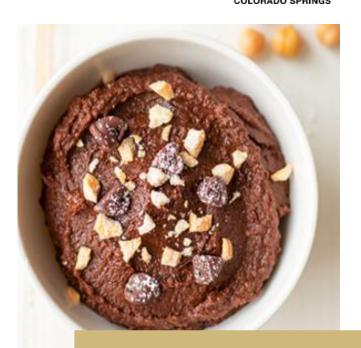
INGREDIENTS

- 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: Prep Time: Cook Time: 8 Servings 5 Min 5 Min

NUTRITION FACTS

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