



Dessert Chocolate Hummus

Ingredients:

Makes 8 servings

- 1- 15 oz can garbanzo beans
- 3-4 tbsp maple syrup
- ¼ cup peanut butter (or any nut butter)
- ¼-½ tsp sea salt
- 4 tbsp unsweetened baking cocoa
- 2 tbsp water
- chocolate chip (optional)



Nutritional info (per serving): Calories: 251, Fat: 7g, Protein: 11g, Carbohydrate: 38g, Fiber: 10g, Sodium: 150 mg, Potassium: 465 mg

Directions:

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

Retrieved from: <http://turniptheoven.com/magic-five-ingredient-chocolate-hummus/>

Interested in learning more about nutrition and health? Call the Wellness Center at 255-4444 and schedule an appointment one of our dietitians, Alyssa Shrader or Merri Metcalfe or Yuka Sanui.