



## Chocolate Hummus

Makes 6 servings (serving size is  $\frac{1}{3}$  cup)

- 2 cups canned black beans, rinsed and drained (approximately 1 can)
- 4 tablespoons cocoa powder
- 2 heaping tablespoons peanut butter (or tahini, sunflower seed butter or other nut or seed butter)
- $\frac{1}{4}$  cup maple syrup or honey
- 1 teaspoon vanilla extract
- $\frac{1}{8}$ – $\frac{1}{4}$  teaspoon cinnamon
- Pinch of salt
- 2 tablespoons chocolate chips (optional)
- Water or any kind of milk as needed to produce hummus with a smooth consistency

### Directions

Place all of the ingredients, except the optional chocolate chips and milk or water, in a food processor. Blend until smooth. Add 1–2 teaspoons of water or milk at a time until the hummus is creamy and smooth. Add the chips, if using, and blend a bit, but leave some of the chips chunky. Serve with slices of apple and whole grain bread or crackers.



**For more healthy recipes,  
please visit *Your Healthy Kitchen*  
via [www.yrmhealthconnect.org](http://www.yrmhealthconnect.org)**

#### NUTRITION INFORMATION

##### PER $\frac{1}{3}$ CUP SERVING:

Calories	147
Carbohydrates	23 g
Fiber	5 g
Protein	6 g
Fat	5g
Sodium	226 mg

Cost per serving: \$1.25