Chocolate Hummus

Side

SERVING SIZE: ¼ Cup

YEILD: 14 SERVINGS

MEAL PATTERN CONTRIBUTION: 1 oz eq m/ma OR ¼ cup veg

Ingredients and Instructions

Chickpeas, canned	**2 – 15 oz cans**
Peanut Butter (sunbutter/wowbutter)	**½ Cup**
Maple Syrup or Honey	**½ Cup**
Cocoa Powder	**1 Cup**
Vanilla Extract	**2 tsp**
Salt	**¼ tsp**

1. **Drain the chickpeas.**
2. **Place all ingredients into a food processor plus 4 Tbsp of water or the water from the chickpea can. Puree for 30 seconds, then scrape down the bowl. Taste: adjust the flavor if necessary. Add additional water if necessary and puree again until you have a smooth consistency.**
3. **Store in the refrigerator.**