

# CHOCOLATE PEANUT BUTTER HUMMUS

PREP TIME: 10-15 MINUTES

SERVINGS: 14 (2TBSP)

## *Ingredients:*

- 1-15oz can of chickpeas, save the liquid
- 1/4 cup creamy peanut butter
- 1/4 cup maple syrup or honey
- 1/3 cup cocoa powder (can use Dutch process if desired)
- 1 tsp vanilla extract
- 1/4 tsp salt



## *Directions:*

1. Get a food processor and add chickpeas, peanut butter, sweetener, cocoa powder, vanilla, and salt. Alternatively, you can put all ingredients in a large bowl and use a potato masher to break up and mix the ingredients.
2. Process/mix until desired consistency. Add the saved chickpea liquid 1 tbsp at a time if a thinner consistency is needed.
3. Get a bowl and transfer hummus into it if using a food processor.
4. Enjoy! Serve with fruit, crackers, pretzels, etc.

Notes: if you want the hummus to have a heavier chocolate taste, feel free to add 1/2 cup cocoa powder. Store in the fridge for several days.

Adapted from: A Couple Cooks