



Guilt Free & Easy Chocolate Hummus

Most people don't think of chocolate when they think of hummus. But wouldn't that berry or apple taste yummy dipped in some chocolate deliciousness? And, because it's made with chickpeas (garbanzo beans) you get protein, fiber, and lots of vitamins and minerals in every bite! Here's a really healthy version with no oil, and no added sugar that will blow you away with its rich flavor. And it's super easy to whip up, as it only takes about 5 minutes!

Ingredients:

- 1 - 15 oz can chickpeas, drained and rinsed (or if you cook your own, chickpeas you'll need 1-2/3 cups)
- 1/4 cup unsweetened cocoa powder
- 3 TB date paste ** see cooks note below
- 1/4 tsp vanilla powder or 1/2 tsp vanilla extract
- 1/4 tsp sea salt
- 1/4 cup water (to thin it out *if needed*)

Procedure:

1. Put all ingredients into the food processor (with the S blade), in the order of the ingredients listed above. If you don't have a food processor, you can use a blender, but I love my Cuisinart food processor so I usually choose it over the blender for things like this.
2. Pulse about 10 times to combine, then process "on" for a minute or so.
3. Add water as needed to get it to your desired consistency (and turn the food processor "on" again to combine). I added 1/4 cup of water and processed another minute.

Viola! Done!

Serve as a dip for berries, apples, oranges or as a filling or frosting for your favorite healthy cake recipe (stay tuned for future recipe, I'm still working on it).

Watch the demo on my YouTube channel – click [HERE](#).

****Cooks Note:** This recipe calls for date paste. The date paste is used in place of added sugar (and I use it in many of my healthy desserts and baked goods).

If you have the date paste pre-made, you can make this recipe in 5 minutes. If not...you'll have to make the date paste which will take a little time, but it's simple. I like to keep date paste on hand in my fridge and freezer so it's ready to go when I need to whip up a healthy dessert (I keep this on hand like people keep sugar in the pantry). You can find the recipe for the date paste right here on my website, and it's just as easy as making this hummus!