

# CHOCOLATE HUMMUS

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## PREP TIME

5 mins

## COOK TIME

5 mins

## SERVINGS

2 cups

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## INGREDIENTS

- 1 15-oz can chickpeas, drained and rinsed
- 4 Tbsp coconut milk
- 5 Tbsp cocoa powder
- 2 Tbsp pure maple syrup
- 1 Tbsp vegetable oil
- 1 tsp vanilla extract
- 1/4 tsp salt

## INSTRUCTIONS

1. Place all ingredients into a food processor and process until chocolate hummus is very smooth, using a spatula to scrape down the sides as needed.
2. Enjoy with pretzels, graham crackers, fruit... whatever you'd like!