

# Chocolate Hummus

This recipe is a sure-fire way to get picky eaters to eat beans. Who can resist a sweet, creamy, chocolatey dip! Various beans can be used, but black beans create the smoothest hummus and do not impart any bean flavor in the final product.

1 – 15 oz. can of black beans, drained and rinsed

2 to 4 T of liquid sweetener (maple syrup, honey, etc.)

4 T of cocoa powder

¼ tsp salt (do not use if canned beans contain salt)

1 to 2 tsp of vanilla extract

1 to 2 T of water or plant-based creamer

Optional: mini chocolate chips, chopped nuts, sprinkles, etc.

1. Pulse beans a few times in a food processor.
2. Add 2 T of liquid sweetener, cocoa powder, salt (if using), 1 tsp vanilla extract, 1 T of water or creamer. Blend until smooth.
3. Scrape down the processor bowl and check for sweetness and consistency. Add more liquid sweetener and vanilla to taste. Add additional water or creamer to thin to desired consistency.
4. Sprinkle with any chocolate chips, nuts, or other toppings, if using
5. Serve with fruit slices and/or graham crackers

Inspired by the chocolate hummus at Trader Joe's