

Protein-Packed Chocolate Hummus (vegan, gluten free and dairy free)



By Karrie Billets, Functional Nutrition Health Coach

INGREDIENTS

1 can of chickpeas (washed and drained)
¼ cup tahini
¼ cup cocoa powder
½ cinnamon
2 Tbsp pure maple syrup
1 tsp vanilla extract
Pinch of salt

Directions

1. Place chickpeas in a medium saucepan with ½ tsp baking soda. Cover the chickpeas with several inches of water, then bring to a boil over high heat.
2. Boil for about 20 minutes or until the chickpeas look bloated, soft, and their skins are falling off. In a fine mesh strainer, drain the chickpeas and run cool water over them.
3. Add the chickpeas to a food processor along with the rest of the ingredients. Blend until the mixture is thick and creamy. Scrape down the sides and add more water as necessary.
4. Pour into a bowl and serve with various fruits (strawberries or apples are great), gluten free or grain free pretzels.