

Chocolate Hummus

Prep Time : 5 minutes

Cook Time : 0 minutes

Ingredients:

- 1 can garbanzo beans, drained and rinsed
- 4 Tbs maple syrup
- 1/2 tsp vanilla extract
- 1/4 tsp salt
- 4Tb unsweetened baking cocoa
- 2 Tbs water (as needed)

Note :

For the ultimate smooth texture, take a few extra moments to remove the skins from the garbanzo beans by pinching the bean between your thumb & index fingers.



Procedure:

1. In blender or food processor, combine all ingredients except water.
2. Puree until mixture is smooth, about 30-60 seconds. Add water 1 Tb at a time to smooth out consistency.