



1½ cups

Preparation Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS:

1 15-oz. can no-salt-added chickpeas, rinsed and drained (1½ cups)

¼ cup unsweetened cocoa powder

¼ cup pure maple syrup

1 tablespoon natural almond butter or peanut butter

½ teaspoon pure vanilla extract

¼ teaspoon ground cinnamon

2 to 3 tablespoons unsweetened, unflavored plant-based milk

3 cups fresh fruit and/or veggie sticks

Healthy Chocolate Hummus

Chocolate with chickpeas? Yes, please! This sweet and savory snack is a great way to satisfy your sweet tooth while still packing in tons of nutrient-dense ingredients. While traditional **hummus** uses **tahini**, garlic, and lemon juice to produce finger-licking-good flavors, this version features a tasty combination of almond butter, cinnamon, and maple syrup. The starchy texture of the chickpeas gets delightfully creamy in the blender, achieving a chocolate pudding–like consistency. Serve with fresh fruit such as strawberries, bananas, apples, or pineapple, and you have a delectable healthy chocolate hummus that both kids and adults will want to devour.

For more oil-free hummus recipes, check out these tasty ideas:

- [Roasted Cauliflower Hummus](#)
- [Harissa Hummus](#)
- [Lima Bean Pesto Hummus](#)
- [Curried Roasted Carrot Hummus](#)

By Shelli McConnell

- 1 Put the first six ingredients (through cinnamon) in a blender or food processor. Add 2 tablespoons of the milk. Add the lid and blend until smooth, stopping to scrape down sides of blender and adding milk, 1 teaspoon at a time, as needed to make hummus creamy. Use a spoon or rubber scraper to put the hummus in a bowl.
- 2 Serve with fresh fruit and/or vegetables for dipping.