Chocolate Hummus

Ingredients

1 can (15 ounces) garbanzo beans, rinsed and drained
3 tablespoons unsweetened cocoa powder
1/4 cup maple syrup, honey or agave
1/4 teaspoon vanilla extract
1/4 cup water
Optional ingredients: Pinch of cinnamon or salt; 1 teaspoon instant coffee granules or powdered sugar

Directions

1. Place all ingredients except water in a food processor, adding cinnamon and or salt to taste, if desired.
2. Blend until smooth, gradually adding in 1/4 cup of water to reach desired consistency.
3. Enjoy on bread or as a dip with fruit, graham crackers, pretzels, etc.

Makes 10 servings

Nutrition information per serving (2 tablespoons):
92 calories, 4g fat, 3g protein
12g carbohydrates, 128mg sodium