

# Chocolate Hummus

## Ingredients

1 can (15 ounces) garbanzo beans, rinsed and drained	1/4 teaspoon vanilla extract
3 tablespoons unsweetened cocoa powder	1/4 cup water
1/4 cup maple syrup, honey or agave	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*