

LiveWell

Chocolate-peanut butter hummus dip

Yield: 8 servings



Ingredients:

15.5 oz. can of no-salt-added navy beans
1/4 cup cocoa powder
1/4 cup maple syrup
2 teaspoons vanilla extract
1/4 teaspoon salt
2 Tablespoons creamy peanut butter

Directions:

1. Drain and rinse beans.
2. Mash beans through a fine strainer to remove skins.
3. Combine mashed beans, cocoa powder, maple syrup, vanilla, salt, and peanut butter in a food processor.
4. Blend until smooth, scraping down sides of food processor with a rubber spatula if needed. Hummus should look like brownie batter.
5. Serve at room temperature or chilled with fruit or crackers.
6. Leftovers can be covered and refrigerated for 4-5 days.

Chef's note: A blender can be used, but a food processor will yield a smoother texture.

Nutrition information per serving:

Calories: 105	Sodium: 97 mg	Food exchanges:
Fat: 2.5 grams	Carbohydrates: 18 grams	1 vegetable
Saturated fat: 0.5 grams	Fiber: 3 grams	1/2 carbohydrate
Cholesterol: 0 mg	Protein: 4 grams	