



Peanut Butter Chocolate Chip Dessert Hummus

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Peanut Butter Chocolate Chip

Dessert Hummus

INGREDIENTS

Chickpeas, uncooked	1 cup
Unsweetened vanilla almond milk	2/3 cup
Peanut butter	1/2 cup
Light agave nectar	3 tbsp.
Vanilla	1/2 tsp.
Salt	1/2 tsp.
Chocolate chips	1 cup

****Note:** Pulling the skins off of each chickpea prior to blending will yield an extra smooth consistency.

Recipe makes 10 servings. Serving 1/4 cup.

Nutrition Facts: Calories 281 | Total Fat 15g | Saturated Fat 6g | Cholesterol 0mg | Sodium 143mg | Carbohydrates 34g | Dietary Fiber 6g | Protein 9g

DIRECTIONS

- 1. The night before making the hummus, soak the chickpeas in 2 cups of water in a large bowl covered with a clean towel. The next day, drain and rinse the chickpeas. Fill a pot with 3 cups of water and bring to a boil. Add the chickpeas and boil for 60-70 minutes or until the chickpeas are very soft. Drain and set aside to cool.*
- 2. Place the milk, peanut butter, agave, vanilla, salt, and cooled chickpeas into a strong blender or food processor. Blend or puree until the mixture starts to take on the consistency of hummus, stirring or pushing the ingredients down with a spoon in between blending. When the mixture is very smooth, transfer to a mixing bowl and place in the refrigerator to chill for 20 minutes.*
- 3. When the hummus is chilled, remove from the refrigerator and stir in the chocolate chips. Top with chocolate chips and a drizzle of melted peanut butter.*

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