



Brownie Batter Hummus

Ingredients

- 1 can chickpeas, rinsed and drained
- ¼ cup cocoa powder
- 2 TBSP nut or seed butter, no-sugar-added
- ¼ cup honey or maple syrup
- 1 tsp vanilla extract (optional)
- Freshly cut strawberries
- Pinch of salt
- Water to thin to desired consistency

Directions:

1. Rinse and drain one can of chickpeas
2. Add to a food processor; Chickpeas, nut or seed butter of choice, cocoa powder, sweetener of choice, vanilla extract, and a pinch of sea salt
3. Blend on high until combined; Add water to thin for desired consistency and blend until smooth and creamy
4. Transfer mixture to an airtight container and chill in the fridge for several hours
5. Serve with freshly cut strawberries; Enjoy!

Cookware needed:

- Storage container
- Food processor

Cost: 

Ease: 

Health Benefit: Chickpeas are a great source of plant-based protein and fiber to keep you fuller for longer and support gut health. Strawberries are rich in vitamin C to boost immunity and potassium to support blood pressure.

Fare  Meals
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