Brownie Batter Hummus

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay Nixon

Find this recipe and more in *Your Body in Balance* by Neal Barnard, MD!

About the Recipe

110 Calories · 4 g Protein · 4 g Fiber
Dessert

Ingredients

Makes 4+ Servings

- 1 15-oz (228-g) can low-sodium chickpeas, drained and rinsed
- 1/4 c (60 mL) plain soy or almond milk
- 1/4 c (22 g) unsweetened cocoa powder
- 3 tbsp (45 mL) agave nectar or maple syrup
- 1 tsp (5 mL) vanilla extract
- 1/8 tsp (0.6 mL) iodized salt
- 1/4 c (42 g) vegan chocolate chips **optional*

Directions

1. In a food processor, combine chickpeas, nondairy milk, cocoa powder, agave nectar or maple syrup, vanilla, and salt. Process until smooth. Add more milk as needed for desired consistency.
2. Transfer hummus to a serving bowl. If using, stir in chocolate chips. Optional: Melt chocolate chips and drizzle on top. Serve dip with fruit or pretzels.

Nutrition Facts

Per serving

Calories: 167 kcal
Fat: 3 g
- **Saturated Fat:** 0.5 g
- **Calories From Fat:** 14%

Cholesterol: 0 mg
Protein: 6 g
Carbohydrates: 25 g
Sugar: 14 g
Fiber: 7 g
Sodium: 87 mg
Calcium: 57 mg
Iron: 1.6 mg
Vitamin C: 2.7 mg
Beta-Carotene: 24 mcg
Vitamin E: 0.4 mg