

# 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

## 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