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, non-dairy 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