



COOKING FOR WELLNESS

CANCER SUPPORT COMMUNITY



central ohio
UROLOGY
group

Chocolate Hummus with Fruit and Pretzels

Ingredients

- 15 oz. canned garbanzo beans, rinsed and drained
- ¼ cup all-natural almond butter
- 2.5 tablespoons cocoa powder
- 1-3 tablespoons maple syrup to taste
- 2 tablespoons water (as needed)
- pinch of sea salt
- 1 teaspoon vanilla extract

Instructions

- Place all ingredients into a blender or food processor. Consider 1 T of maple syrup and increase based on taste preference. Blend on high for 1-2 minutes, pulsing and then scraping down the sides. Blend until you have a smooth texture.
- Serve with a variety of fruit, pretzels, and/or graham crackers



Nutrition Information: 6 servings,

approx. ¼ c hummus

150 calories: 6 g fat, 17 g carb (5 g fiber, 4 g sugar) 6 g protein



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