



St. Charles Hospital
Catholic Health Services
At the heart of health

Chocolate Hummus

Ingredients:

- 2ea. 15oz Cans Chick Peas , drained and rinsed
- 1 Cup- Unsweetened Cocoa Powder
- 1/2 Cup- Tahini (or substitute Sun Butter or Peanut Butter)
- 3/4 Cup- Maple Syrup (Pure, not imitation)
- 1/2 Cup- Chocolate Syrup

Method:

- Place drained and rinsed Chic Peas in a sauce pot and cover in room temperature water
 - Place on high heat and bring to a boil for 1 minute.
 - Remove from heat and drain.
 - Combine all ingredients in a food processor bowl, and mix until smooth
 - * Can be done in batches if Food processor is not large enough, but place in a bow, after processing, and mix thoroughly to blend all the batches
- Serve with Apple Wedges, Pretzels, Bananas or whatever else you may like!!!

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