



Chocolate Hummus (Stevia-Sweetened)

Nutritional Info

(per batch- serves 4)

- Calories: 410
- Protein: 13 g
- Carbohydrates: 52 g
- Fiber: 12 g
- Sugar: 7 g (naturally occurring from chickpeas, no added sugar with stevia)
- Fat: 16 g
- Saturated Fat: 2 g
- Sodium: 260 mg
- Potassium: 400 mg



This chocolate hummus is creamy, slightly sweet, and perfect for pairing with fruits, crackers, or even as a spread.

Ingredients

- 1 can (16 oz) chickpeas, drained and rinsed OR 1.5 cups of pre-cooked chickpeas
- 2 tbsp cocoa powder (unsweetened)
- 2 tbsp almond butter or peanut butter
- 1 tsp vanilla extract
- 1/2-1 packet stevia (or to taste)
- 2-3 tbsp water (or as needed for consistency)
- Pinch of salt
- Optional: 1 tbsp coconut oil (for added richness)

Instructions

1. In a food processor or blender, combine chickpeas, cocoa powder, almond or peanut butter, vanilla extract, stevia, and salt.
2. Blend until smooth, scraping down the sides as needed.
3. Add water 1 tablespoon at a time until the mixture reaches your desired consistency.
4. Taste and adjust sweetness (add more stevia if you prefer it sweeter).
5. Transfer to a serving bowl and enjoy!



Southern BBQ-Inspired Hummus

Nutritional Info

(for entire batch-serves 4)

- Calories: 420
- Protein: 14 g
- Carbohydrates: 46 g
- Fiber: 12 g
- Sugar: 9 g (includes natural sugar from date syrup and chickpeas)
- Fat: 18 g
- Saturated Fat: 2.5 g
- Sodium: 420 mg
- Potassium: 400 mg



For extra BBQ depth, you can mix in a few drops of liquid smoke!

Ingredients

- 1 can (16 oz) chickpeas, drained and rinsed
- 2 tbsp low-fat Greek yogurt
- 1 tbsp olive oil
- 1–2 cloves garlic, minced
- 1/2 tsp smoked paprika
- 1/2 tsp onion powder
- 1 tbsp apple cider vinegar
- 1 tsp date syrup (adjust to taste)
- 1/4 tsp salt (or to taste)
- 1/4 tsp black pepper
- 2–3 tbsp water (to thin)
- Green onions for garnish (optional)

Instructions

1. In a food processor, combine chickpeas, Greek yogurt, olive oil, garlic, smoked paprika, onion powder, apple cider vinegar, date syrup, salt, and black pepper.
2. Blend until smooth, scraping down the sides as needed.
3. Add water 1 tablespoon at a time until you reach your desired consistency.
4. Taste and adjust seasonings (add more vinegar or date syrup if you want more tang or sweetness).
5. Transfer to a serving bowl and garnish with chopped green onions.