

## 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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