

Chocolate Hummus

A healthier alternative to chocolate spread. The chickpeas are a great source of plant based protein, packed with nutrients and also high in fibre supporting digestive health.



Ingredients

- 1 tin of chickpeas
- 2-3 tbsp plant based milk e.g. oat, almond
- 4 dates
- 2 tbsp cocoa powder
- 1 tbsp honey



Serves : 4-5

Nutrition per serving:

Calories : 95

Protein: 4g

Carbs: 14g

Fat: 2g

Fibre : 3g

Method

- *Soak the dates in 50 ml of boiling water to soften for ten minutes.
- *Add the dates (and water) with the other ingredients to a food processor and blitz until it's a smooth mixture.
- *Store in an airtight container in the fridge.

Recipe Notes

It goes lovely on a bagel, topped with strawberries and chopped hazelnuts. The strawberries add extra sweetness. You can add a few tablespoons of hazelnuts to the mixture which makes a nuttier, crunchier version. This is also a great pre workout snack.