



Debbie Romano  
708-267-1413  
eMail: FHHealthyHeartbeats@gmail.com

## SIMPLE CHOCOLATE HUMMUS

### **Ingredients**

1 15 oz can chickpeas, drained and rinsed  
¼ Cup unsweetened cocoa powder  
2 Tbsp pure maple syrup  
¼ Cup honey  
¼ Organic almond butter  
½ Tsp pure vanilla extract  
¼ Tsp ground cinnamon  
¼ Cup unsweetened, unflavored plant-based milk

### **Instructions**

Combine above ingredients in a mixing bowl. Pour in a blender and mix on high until smooth.

### **Tips**

Serve with strawberries, apples, crackers, pretzels, or just enjoy it by the spoonful.

**ENJOY AND FEEL THE HEALTH**