



Healthy Kids MONTH

Chocolate Hummus

For Healthy Kids Month, we're trying some delicious, kid-friendly recipes in the kitchen! Do your kiddos love chocolate? Here's a sneaky way to get your little ones to eat nuts and fruits by dipping them in a healthy, but chocolatey hummus!

1



Gather materials:

- 1 15-oz. Can of Chickpeas
- Unsweetened Cocoa Powder
- Tahini
- Maple Syrup
- Vanilla Extract
- Salt
- Food Processor
- Chocolate Chips
- Fruit to Dip (like strawberries, kiwi, etc.)
- Extras to Dip (like pretzels, crackers, cookies, nuts, etc.)

2



Rinse and drain your 15-oz can of chickpeas.

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3



Add them to the bowl of the food processor.

4



Add $\frac{1}{4}$ cup of unsweetened cocoa powder.

5



Add 1 tablespoon of tahini.

6



Add $\frac{1}{3}$ cup of maple syrup.



7



Add 1 teaspoon of vanilla extract.

8



Add 1/4 teaspoon of salt.

PRO-TIP:

Add a tiny bit of water if you would like a smoother hummus. Don't add too much water though, or else it'll become runny!

9



Turn on the food processor and mix for several minutes until you get a smooth consistency.

10



Once you're happy with the consistency, move your hummus to a bowl.



11



Prepare your fruits for dipping. We cut some strawberries and kiwi.

12



Garnish your chocolate hummus with about a tablespoon of chocolate chips and a drizzle of maple syrup.

13



Enjoy your hummus by dipping in your healthy snacks!