

CHOCOLATE HUMMUS

BEYOND *the*
Chartwells
KITCHEN



WHAT DO I NEED?

- 1 Can of Chickpeas
- 1 Banana
- 3Tbsp Cocoa Powder
- Honey to Taste
- 1Tsp Vanilla Essence - Optional

DIPPER IDEAS...

- Desiccated coconut
- Any fruit - berries, banana, apple, pear!
- Crackers/ Pretzels
- Bread sticks

HOW DO I MAKE IT?

1. Drain the chickpeas
2. Put all of the ingredients into the blender
3. Blend all the ingredients for 60 seconds on high speed. If you do not have a blender, you may be able to use a masher or fork.
4. Once all the hummus is fully blended, transfer into a bowl or a plate and serve with dippers.
5. You could top your hummus with seeds, honey or even chopped nuts



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So much more than fantastic food