

CHOCOLATE HUMMUS

SERVES 6 / PREPARE 10 MINS

Ingredients

- 400 g Chickpeas cooked
- 3 tbsp Cocoa powder unsweetened
(depending how dark you want it)
- 1 tsp Nut butter (or almond butter)
- 1 tsp Tahini
- 50 ml Maple syrup
- 1 tsp Vanilla extract

Instructions

Hardly a recipe but here it is:

Add all ingredients into a food processor.
Puree until smooth or the desired consistency.

Serve with fresh fruit or crackers.



Nutrifacts



The plant protein in **chickpeas** has been found by research to reduce the growth of certain cancers and reduce levels of cholesterol as compounds known as sterols prevent it from being absorbed by the body. **Chickpeas** are a source of soluble FIBRE that helps prevent constipation and insoluble fibre that feeds the beneficial bacteria in our gut.

Cocoa is rich in flavanols, a type of flavonoids, that research shows may reduce high blood pressure and maintain healthy arteries. FLAVONOIDS also have antioxidant properties and may help protect us against free-radical damage. **Cocoa** stimulates the production of Serotonin and endorphins by the brain which gives us a sense of wellbeing and happiness. The purer the **cocoa**, the higher the levels of antioxidants.

Almonds are high in fibre and vegetarian protein and a good source of dairy-free CALCIUM for healthy teeth and bones.

Syrup contain NO nutrients only calories in the form of refined carbohydrates, that's why it is important to only have it occasionally. To help balance your sugar levels when eating sweets, ensure they also contain fibre from fruits, vegetables, nuts, seeds or wholemeal flours and protein from