



# Peanut Butter Chocolate Chip Dessert Hummus

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# Peanut Butter Chocolate Chip

## Dessert Hummus

### INGREDIENTS

Chickpeas, uncooked	1 cup
Unsweetened vanilla almond milk	$\frac{2}{3}$ cup
Peanut butter	$\frac{1}{2}$ cup
Light agave nectar	3 tbsp.
Vanilla	$\frac{1}{2}$ tsp.
Salt	$\frac{1}{2}$ tsp.
Chocolate chips	1 cup

**\*\*Note:** Pulling the skins off of each chickpea prior to blending will yield an extra smooth consistency.

Recipe makes 10 servings. Serving 1/4 cup.

**Nutrition Facts:** Calories 281 | Total Fat 15g | Saturated Fat 6g | Cholesterol 0mg | Sodium 143mg | Carbohydrates 34g | Dietary Fiber 6g | Protein 9g

### DIRECTIONS

1. The night before making the hummus, soak the chickpeas in 2 cups of water in a large bowl covered with a clean towel. The next day, drain and rinse the chickpeas. Fill a pot with 3 cups of water and bring to a boil. Add the chickpeas and boil for 60-70 minutes or until the chickpeas are very soft. Drain and set aside to cool.
2. Place the milk, peanut butter, agave, vanilla, salt, and cooled chickpeas into a strong blender or food processor. Blend or puree until the mixture starts to take on the consistency of hummus, stirring or pushing the ingredients down with a spoon in between blending. When the mixture is very smooth, transfer to a mixing bowl and place in the refrigerator to chill for 20 minutes.
3. When the hummus is chilled, remove from the refrigerator and stir in the chocolate chips. Top with chocolate chips and a drizzle of melted peanut butter.

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