

# DARK CHOCOLATE HUMMUS



Recipe Source: <https://www.eatingwell.com/recipe/264671/dark-chocolate-hummus/>

Serving Size: 2 tablespoons

## Ingredients

- 1 (15 ounce) can chickpeas, drained & rinsed
- 1/3 cup tahini or sunflower seed butter
- 1/3 cup extra-virgin olive oil
- 1/3 cup water
- 2 tablespoons honey
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 4 ounces bittersweet chocolate, coarsely chopped and melted



Nutrition Facts	
16 servings per container	
Serving size 2 tablespoons (52g)	
Amount per serving	<b>160</b>
<b>Calories</b>	
% Daily Value*	
<b>Total Fat</b> 11g	<b>15%</b>
Saturated Fat 2.5g	<b>13%</b>
TransFat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 3g	<b>9%</b>
Total Sugars 7g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.3mg	8%
Potassium 90mg	0%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Chickpeas, Bittersweet Chocolate, Sunflower Seed Butter, Water, Olive Oil, Honey, Vanilla Extract, Salt

**May contains:** sesame

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## Preparation

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- Place chickpeas, tahini, oil, water, honey, vanilla, and salt in a food processor or blender. Process, scraping down the sides as needed, until smooth.
- With the motor running, add melted chocolate and process until combined.
- Enjoy!

# HUMMUS DE CHOCOLATE NEGRO



Fuente de la receta: <https://www.eatingwell.com/recipe/264671/dark-chocolate-hummus/>

Tamaño de la porción: 2 cucharadas

## Ingredientes

- 1 lata (15 onzas) de garbanzos, escurridos y enjuagados
- 1/3 taza de mantequilla de tahini o semillas de girasol
- 1/3 taza de aceite de oliva virgen extra
- 1/3 taza de agua
- 2 cucharadas de miel
- 1/2 cucharadita de extracto de vainilla
- 1/4 cucharadita de sal
- 4 onzas de chocolate agridulce, picado y derretido



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**Ingredients:** Chickpeas, Bittersweet Chocolate, Sunflower Seed Butter, Water, Olive Oil, Honey, Vanilla Extract, Salt

**May contain:** sesame

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## Preparación



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- Coloque los garbanzos, el tahini, el aceite, el agua, la miel, la vainilla y la sal en un procesador de alimentos o licuadora. Procese, raspando los lados según sea necesario, hasta que quede suave.
- Con el motor en marcha, agregue el chocolate derretido y procese hasta que se combinen.
- ¡Disfrutar!

# HUMMUS DE CHOCOLATE AMARGO



Fonte da receita: <https://www.eatingwell.com/recipe/264671/dark-chocolate-hummus/>

Tamaño de la porción: 2 colheres de sopa

## Ingredientes

- 1 (15 onça) pode grão-de-bico, escorrido e enxaguado
- 1/3 xícara de tahine ou manteiga de semente de girassol
- 1/3 xícara de azeite de oliva extravirgem
- 1/3 xícara de água
- 2 colheres de sopa de mel
- 1/2 colher de chá de extrato de baunilha
- 1/4 colher de chá de sal
- 4 onças de chocolate meio amargo, grosseiramente picado e derretido



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Dietary Fiber 3g	9%
Total Sugars 7g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
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Potassium 90mg	0%

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**Ingredients:** Chickpeas, Bittersweet Chocolate, Sunflower Seed Butter, Water, Olive Oil, Honey, Vanilla Extract, Salt

**May contains:** sesame

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## Preparação



¡Seguir! @thenutritionclub\_of\_chp

- Coloque grão de bico, tahine, óleo, água, mel, baunilha e sal em um processador de alimentos ou liquidificador. Processe, raspando as laterais conforme necessário, até ficar homogêneo.
- Com o motor ligado, adicione o chocolate derretido e processe até combinar.
- Desfrutar!