HEALTHY FOOD

Dark Chocolate Hummus- Tastes just like Brownie Batter & It's Good for You

By bestfolkmedicine · 11/08/2020 · 1 min read

Creamy, chocolate-y, and rich, this healthy chocolate hummus is a totally a different dip than the one you usually consider for warm pitas or fresh fruits.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

Even children will love it, which is great because they can still enjoy something sweet, without you having to worry about their health.

This is a fudgy yummy dip which you can serve with cut fruit and crackers.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Besides being so delicious and satisfying, especially for when you feel those sweet cravings coming in, it's also healthy for you.

It's packed with nutritious ingredients like peanut butter, cocoa powder, and chickpeas. Chickpeas are known to be good for the blood sugar levels, the digestive process, and the cholesterol levels.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

They're abundant in protein and fiber and prolong your satiety and increase your energy levels. Plus, it's so simple to make and you needn't be very experienced in the kitchen to make it.

Come on, let's see the recipe below.

Homemade Dark Chocolate Hummus

You'll need:

1.15 oz. can of chickpeas, drained and rinsed

1 ¼ cup of peanut butter

6 tbsp of maple syrup

3 tbsp of unsweetened cocoa powder

2 tbsp of almond milk

2 tsp of vanilla extract

½ tsp of sea salt

Prep:

Put all of the ingredients in a food processor. Blend them for a minute or until you get a smooth mixture. Begin on lowest speed and gradually increase it to the highest.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });
Transfer it in a serving dish or put it in the fridge until you serve it.

Good to know:

Of course, this is a healthy hummus version so don't expect it to taste like cake frosting. It has a grainer texture than frosting because of the chickpeas.

Enjoy!

Sources:

SUPER HEALTHY KIDS

SPOON UNIVERSITY

Read online: https://bestfolkmedicine.com/2020/08/dark-chocolate-hummus-tastes-just-like-brownie-batter-its-good-for-you/
Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.