

# DESSERT HUMMUS

\*WHEN POSSIBLE, USE ORGANIC OR LOCAL GROWN PRODUCTS

HUMMUS IS SO EASY TO MAKE & YOUR KIDS WILL LOVE THIS FOR A HEALTHY SNACK!

## COOKIE DOUGH HUMMUS INGREDIENTS

- 1 CAN CHICK PEAS- RINSE & DRAIN
- 1/3 CUP GRADE-B MAPLE SYRUP
- 1 1/2 TBS MILK OF CHOICE
- 1 TBS ORGANIC COCONUT BUTTER
- 1/2 TSP PINK SALT

### ADD-INS

\*AFTER YOUR HUMMUS IS BLENDED FOLD IN SOME CHIPS [VEGAN, DARK CHIPS (60% CACAO OR HIGHER, ETC.).]



## CHOCOLATE FUDGE HUMMUS INGREDIENTS

- 1 CAN CHICK PEAS- RINSE & DRAIN
- 1/3 CUP GRADE-B MAPLE SYRUP
- 5 TBS ORGANIC ALMOND MILK
- 2 TBS ORGANIC CACAO
- 1 1/2 TBS ORGANIC VANILLA
- 1 TBS ORGANIC COCONUT BUTTER
- 1/2 TSP PINK SALT

### ADD-INS

AFTER YOUR HUMMUS IS BLENDED FOLD-IN DESIRED

ADD-INS LIKE COCONU, NUTS, CHOCOLATE CHIPS, PEANUT BUTTER CHIPS, ETC.



## DIRECTIONS:

1. SIMPLY PLACE INGREDIENTS IN A FOOD PROCESSOR OR BLENDER & GIVE IT A WHIRL UNTIL DESIRED CONSISTENCY.
2. ADD MORE MILK FOR THINNER CONSISTENCY IF DESIRED.
3. FOLD-IN WHATEVER ADD-INS YOU DESIRE!
4. DIP FRUIT, PRETZELS, PITA, ETC.

*enjoy!*