

DESSERT HUMMUS - PB Chocolate Chip



INGREDIENTS

8 Medjool Dates, soaked

Soaking water

15 oz. can Eden Organics Salt-Free Garbanzo Beans (aka chickpeas)

1/3 cup organic peanut butter

1 1/2 tsp. alcohol-free vanilla

2-3 Tbs. Enjoy Life mini-chocolate chips (optional)

Pit the dates and put them into a bowl. Press the dates down into the bowl and cover them with filtered water until they are JUST covered (it is ok if a tiny bit of the dates peak out through the water). Soak the dates in the water for at least 30 minutes.

Once the dates have soaked, place all of the ingredients (except the chocolate chips) in the food processor and process for 1-2 minutes. Stop and scrape down the sides with a rubber spatula. Repeat this process a total of three times until the hummus is very smooth. Note that the hummus will be thinner than you are used to since it is warm from the processing. The hummus will firm-up once refrigerated.

Pour the hummus into a bowl and mix in the chocolate chips if so desired. Place the completed hummus in the fridge to firm-up.