

Dark Chocolate Hummus

Decadent dark chocolate hummus made with chickpeas, cocoa powder, and maple syrup. A healthy dessert dip perfect with fruit and pretzels.

1h 10min

PREP

1h 10min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Ingredients

- 15 oz chickpea
- 1 cup cocoa powder
- 1 cup maple syrup
- 3 tbsp tahini
- 3 tbsp almond milk
- 1 tsp vanilla extract
- 1 tsp sea salt

Instructions

- 1 Prepare the chickpeas**

Drain 15 oz canned chickpeas and rinse under cold running water for 30 seconds. Pat completely dry with paper towels, removing as much moisture as possible.
- 2** Add the dried chickpeas to a food processor. Pulse 10-15 times until the chickpeas are broken down into coarse, pebble-sized pieces.
- 3 Make the chocolate hummus**

Add 3 tablespoons cocoa powder, 3 tablespoons maple syrup, 1 teaspoon vanilla extract, and 1 teaspoon salt to the food processor with the chickpeas.
- 4** Process continuously for 2-3 minutes until the mixture forms a thick, chunky paste. Stop twice to scrape down the sides with a rubber spatula.
- 5** With the processor running, slowly pour 1/4 cup of the almond milk through the feed tube. Process for 1 minute until the mixture becomes smooth and creamy.

- 6 Add the remaining 3/4 cup almond milk 1 tablespoon at a time, processing for 30 seconds after each addition. Continue until the hummus reaches your desired consistency - it should be smooth and spreadable but not thin.
- 7 Taste the hummus and add more maple syrup if you prefer it sweeter. Process for 30 seconds to fully incorporate any additional sweetener.
- 8 **Chill and serve**
Transfer the chocolate hummus to an airtight container and refrigerate for at least 1 hour to allow the flavors to meld and the texture to firm up. Serve chilled with fresh fruit, pretzels, or graham crackers.

Tips

Chickpea Preparation: For ultra-smooth hummus, remove chickpea skins by rubbing drained beans with a clean kitchen towel. This extra step creates restaurant-quality texture.

Temperature Matters: Use room temperature ingredients for easier blending and smoother consistency. Cold chickpeas straight from the refrigerator create lumpy texture.

Liquid Control: Add almond milk gradually, one tablespoon at a time, while processor runs. Too much liquid creates runny hummus that won't hold its shape.

Flavor Development: Allow finished hummus to rest in refrigerator for at least 2 hours before serving. This resting time allows flavors to meld and intensify significantly.

Cocoa Quality: Choose high-quality unsweetened cocoa powder for best flavor. Dutch-processed cocoa creates richer, less acidic taste than natural cocoa powder.

Storage Success: Press plastic wrap directly onto hummus surface before refrigerating to prevent skin formation. Store in airtight glass containers for optimal freshness.

Serving Temperature: Bring refrigerated hummus to room temperature 15 minutes before serving for optimal spreadability and flavor release. Cold hummus tastes muted.

Consistency Fix: If hummus becomes too thick after refrigeration, thin with warm almond milk rather than cold liquid for smoother incorporation and better texture.