

Vegan Monday: Chocolate Hummus - Yupp, I Just Said Chocolate

Ingredients:

Difficulty: Easy
(serves 6-8)

1 can cooked chickpeas (net weight: 240 gr), washed and drained*

4 tbsp grape molasses**

2 tbsp tahini

4 tbsp cacao

1 ml (or 1/4 tsp) salt

cold water, optional, as much as you like to adjust the consistency

*If you have time and patience, peel the chickpeas for silky smooth texture.

**Other kinds of molasses work too. Also, dark or light cane syrup and (if you are not vegan) honey will give good taste too.

Instructions:

1. In a food processor, put all the ingredients except water.
2. Process the mixture as smooth as possible. Scrape the sides if needed. If you are happy with the texture of your hummus, taste it and see if molasses is enough. If you want sweeter, add 1 more tbsp of molasses.
3. If you want creamier hummus, process the mixture again, adding 1 tsp cold water at a time. Do not put too much water at once because then your hummus might get too thin. Once you are happy with the texture, consistency and taste of the hummus (add more molasses if you want sweeter), you are done! Transfer the hummus to a bowl/container and enjoy!