



HEALTHY HOMEMADE CHOCOLATE HUMMUS

Vata↓↑, Pitta↓, Kapha↓ (Vata can enjoy in moderation)

Makes: about 2½ cups

Prep Time: 10 to 15 minutes

INGREDIENTS

- 1½ cups cooked chickpeas (¾ cup uncooked beans) or 15 oz can chickpeas
- 3 medjool dates - pitted and chopped (use 1 to 2 dates for Kapha)
- ¾ to 1 cup raw coconut water (add more as needed, especially when using a blender)
- 1 to 2 tablespoons honey (use maple syrup for Pitta)
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon
- ½ teaspoon Ayurvedic Breakfast Spices*
- ⅛ teaspoon pink Himalayan salt
- 2 to 4 tablespoons raw tahini
- 3 tablespoons raw cacao powder

*If needed, substitute with ¼ teaspoon of ginger, cardamom, and turmeric powder.

DIRECTIONS

NOTE: If you are cooking the chickpeas from scratch, cook them the day before or earlier in the day if possible. This way they will be cooled when making this recipe. A pressure cooker generally takes 25 to 30 minutes and a crockpot takes about 8 hours (or leave on overnight). No matter your cooking method, strain and cool (to at least room temperature) the chickpeas before making this recipe.

1. Soak the chopped and pitted dates in the coconut water for at least 15 to 30 minutes.
2. Add the chickpeas, coconut water, soaked dates, honey, vanilla, cinnamon, Breakfast Spices, salt, tahini, and cacao to a blender or food processor.
3. Blend or process on high for 2 to 5 minutes or until a thick, smooth, creamy consistency has been reached. Add more coconut water in small amounts as needed.
4. Taste the batch and add more cacao powder, spices, tahini, coconut water, or honey as you desire.
5. Serve in small bowls as a decadent snack, mid-day pick-me-up, or healthy dessert to satisfy your sweet tooth and chocolate cravings. It is best for Kapha and Pitta types but can be enjoyed by Vata in moderation.
6. Store extra in an airtight glass container in the refrigerator for up to 5 days.