

# HEELS *for* HEARTS

CARDIAC WELLNESS SOCIAL

## INGREDIENTS

- 1 (15-oz.) can no salt added chickpeas drained and rinsed
- 1/4 cup cacao powder or cocoa (cocoa is roasted and cacao is raw)
- 1/4 cup maple syrup (or date syrup)
- 1 tsp vanilla extract alcohol-free preferred. Or you could use almond extract.
- 3-4 tbsp non-dairy almond milk
- 1/4 tsp salt

## INSTRUCTIONS

- Place drained chickpeas in the bowl of a food processor.
- Add the cacao powder, maple syrup, salt, vanilla and 2 tablespoons of the non-dairy milk.
- Process for a few seconds and then scrape down the side with a spatula. Add a few more tablespoons of non-dairy milk until it reaches a consistency that's good for dipping fruit.
- Serve in a shallow bowl that's good for dipping.

# HEART HEALTHY CHOCOLATE HUMMUS

SERVINGS: 6 SERVINGS



**Terrebonne**  
GENERAL HEALTH SYSTEM

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