Chocolate Hummus

INGREDIENTS:
- 1 can (14oz) black beans, rinsed and drained
- 1 can (14oz) chickpeas, rinsed and drained
- ½ cup unsweetened cocoa powder
- ½ cup simple syrup* (1-part brown sugar to 1-part water)
- 1/3 cup canola or safflower oil
- ⅛ tsp. kosher salt
- ½ cup water, for thinning if needed
- 6 each Cameo or Fuji apples, sliced

DIRECTIONS:
Combine black beans, chickpeas, cocoa powder, simple syrup, oil and salt in a food processor.
Blend until smooth, adding water if needed.
Serve with sliced apples.
*To make simple syrup combine ½ cup of brown sugar with ½ cup of water in a small pot over medium heat. Stir until sugar dissolves. Remove from heat and store in an airtight container in the refrigerator.

HELPFUL TIPS:
This recipe is a great way to add nutrients and fiber to your typical sweet treat. Try replacing chocolate pudding or caramel sauce with this dessert hummus.