

Brownie Batter Dip



**Greater Cleveland
Food Bank**

INGREDIENTS

- 1 can (14-15oz) garbanzo beans (chickpeas)
- 1/2 cup water (or more as needed to reach desired consistency)
- 1 fluid ounce (2 tablespoons) cooking oil
- 1 teaspoon vanilla extract
- 1/2 cup sugar
- 1/2 cup unsweetened baking cocoa
- 1/4 teaspoon salt

DIRECTIONS

1. Open can of beans and drain liquids; refill with water and let sit for a bit before draining (repeat 3 times to remove the bean flavor).
2. Put beans, water, oil and vanilla in blender or food processor and puree until smooth (turn it off and scrape down sides as needed).
3. Add sugar, cocoa and salt then continue to blend until smooth texture.
4. Chill in fridge and hold cold until ready to serve (will thicken as it cools).

TIPS

- You can also use different kinds of beans, or dry beans (cook first).
- Blend in cinnamon, peanut butter, banana or other ingredients.
- Dip fruit, banana chips, pretzels, crackers, celery and more!

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