

Going Ideas and A Healthy Chocolate Protein Dip

Description

Something I planned on doing when I started this blog was to vary my posts across several areas of interest. I want to share healthy recipes and advice, speak on exercise, eco-friendly solutions, and even rant about what I think is wrong with this world.



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My main focus is and always will be about Avery and watching her learn and grow. But, I can only write so much about feeding her a bottle, waiting for poop, and how fussy or happy she was that day.

Which, by the way, bottle feeding is better, she pooped recently, and she's happy most of the time but gets fussy at night. How's that for cliff notes blogging?

So, every now and then I will post about other topics under the following categories:

- **Going Healthy** – mostly healthy recipes or other thoughts on food
- **Going Green** – eco-friendly tips and advice
- **Going Strong** – exercise tips, thoughts, and routines
- **Going Reviews** – from time to time I hope I will be allowed the opportunity to try and review food products and items pertaining to parenting. I don't expect much at first since I'm just starting out, but hope this will change in the future. It would be really great to start hosting giveaways too!

This is what I'm thinking right now, so it's subject to change. Please share your thoughts on this as I'd like to know what others think. Is this a good idea? Need to change something?

To start things off, I have a favorite healthy dessert dip recipe I make all the time. Loaded with protein and creamy goodness, it's good just eating right from a spoon!



Topped with Greek yogurt and cocoa nibs

Chocolate Protein Dip

Here's what you need:

- 1 can of chickpeas or white beans, drained and rinsed
- 2 medium ripe bananas (the more spots the better to me!)*See note below if you don't have bananas
- 2 tsp vanilla extract
- 1/8 tsp baking soda
- rounded 1/8 tsp salt
- 3 packets of stevia or about 2 tsp; it takes a while to get the right amount since so many stevia products are different, so just adjust to taste. If you're not into stevia, you can use 2/3 cup of brown sugar or honey, but this will detract a little of the "healthy" part.
- 2 Tbsp unsweetened cocoa powder
- 1/4 cup rolled oats, ground flax seeds, or chia seeds (you can omit this, it just helps to make it really thick)

*If you don't have or like bananas, try using 1/2 cup unsweetened applesauce, pumpkin puree, or Greek yogurt or even a combination. I have tried all of these and still like the outcome. There's no wrong way, just what you have on hand.

This is easy, just add everything in a blender or food processor and blend until you have a smooth, creamy consistency. Blending will create heat and the dip will firm up a little more if you let it cool in the fridge for at least 2 hours. Or make a double batch so you can eat one right away like I do!

Please give it a shot and let me know what you think. For the stevia, I buy it from the company [Bulk Supplements on Amazon](#). It's the purest I've found and never gets a bitter aftertaste. Plus it's priced well!

Of course I can't post without having a picture of Avery, just in case that's all you came here to see. A nice neighbor of ours let us borrow their Ergo carrier since I'm not too thrilled with our Baby Bjorn Original, and we took it for an hour long walk yesterday.



See how thrilled she looks?

About 20 minutes into the windy walk and I look down and see thisâ€¦



Not sure how the wind didnâ€™t bother her, but I think the Ergo passed the test. Now, guess itâ€™s time to search for one of my own.

Do you think itâ€™s a good idea to incorporate these categories into the blog? I feel I have a lot of thoughts on nutrition, fitness, parenting, and people running through my brain and would love to share them with you here.

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