

Healthy Chocolate Protein Dip Recipe

Description

How about a healthy chocolate dessert dip recipe that's easy to make and perfect to enjoy this upcoming weekend? Loaded with protein and creamy goodness, it's good just eating right from a spoon!



I'll spare you the long talk and get right to it. Our time is precious, so why go on about...never mind, I'll do that again soon. ðŸ™,



Topped with Greek yogurt and cocoa nibs

Chocolate Protein Dip

Ingredients:

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 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 [raw cacao 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 as a substitute. I have tried all of these and still like the outcome. There™s no wrong way, just what you have on hand.**

Directions:

Add everything in a blender or food processor and blend until you have a smooth, creamy consistency.

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!

This is perfect to treat the whole family, and a wonderful way to get any picky eaters to think they™re getting away with something. Have it alone or smear it on a banana, you™ll be happy either way!

Have you ever made a sweet dip that™s healthy and delicious?

What do you think about using chickpeas as the main ingredient?

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