

# FIXATE RECIPES

## CHICKPEA BROWNIE DIP

Serves: 9 (approx. ¼ cup each)

GF VG

Total Time: 10 min.




Prep Time: 10 min.

Cooking Time: None

- 2 cups water
- 1 cup semisweet chocolate chips
- 1 tsp. coconut oil
- 1½ cups canned chickpeas (garbanzo beans), drained, rinsed
- ½ cup pure maple syrup
- ¼ cup unsweetened coconut milk beverage
- 2 Tbsp. unsweetened cocoa powder
- 1 tsp. pure vanilla extract

1. Bring water to a boil in a small pot over high heat; reduce heat to low.
2. Place a large, heatproof bowl over pot; add chocolate chips and coconut oil. Stir to combine. Cook, stirring occasionally, for 5 to 6 minutes, or until chocolate is fully melted.
3. Add melted chocolate, chickpeas, maple syrup, coconut milk, cocoa powder, and extract to a food processor or blender; pulse until smooth.
4. Serve with fruit for dipping.

### RECIPE NOTES:


- Don't forget to count the fruit for dipping toward your  Container (Fruits).
- You can make this recipe vegan by purchasing vegan semisweet chocolate chips. Container counts would be  1½ and  1.
- Leftovers can be stored refrigerated in an airtight container for up to 4 days.


### Nutritional Information (per serving):

Calories:	181	Cholesterol:	0 mg	Fiber:	3 g
Total Fat:	7 g	Sodium:	59 mg	Sugars:	22 g
Saturated Fat:	4 g	Carbohydrates:	30 g	Protein:	3 g



### Container Equivalents (per serving)

 1½  1

Recipes containing the  icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the  icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.