



# Chocolate Spread

*Favorite Healthy Choice Recipe of the Detroit Red Wings*

## INGREDIENTS:

As little as 6 whole ingredients

- 1 can of chickpeas
- 4 Medjool dates without pits
- 1 tsp vanilla extract
- ½ cup cocoa powder
- ½ tsp sea salt
- Warm water as needed



## DIRECTIONS:

1. Combine all the ingredients in a blender or food processor until smooth.
2. Refrigerate in a container for up to one week.

Enjoy as a dip with apples, bananas, dates or even on toast.

## NUTRITION FACTS: Serves 12 | Calories 49

% Daily Value \* | Total Fat 1.2g (2%), Saturated Fat 0.6% (3%) | Cholesterol 0mg (0%) | Sodium 73mg (3%) | Total Carbohydrate 10.6g (4%), Dietary Fiber 3.2g (12%), Total Sugars 1.9g | Protein 2.4g | Vitamin D 0mcg (0%) | Calcium 15mg (1%) | Iron 1mg (8%) | Potassium 233mg (5%)

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



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