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Enter chocolate hummus. There are plenty of ways to put a spin on it (with 10 hummus recipes here), but in the most traditional sense, hummus is a creamy puree made with garbanzo beans (a.k.a. chickpeas), garlic, olive oil, tahini (sesame seed butter) and salt. Soak the beans covered in water—either overnight or the quick soak method in which you place the beans in a pot, cover with water, bring to a boil, cover and remove from heat and let sit for 1 hour. I made these black beans in my slow cooker last week for girls night. I think when I announced I was bringing “a pot of beans” over for dinner, everyone planned to grab take-out beforehand. This simple chocolate sauce recipe is healthy and raw when made with cacao powder. The texture is fudgy yet pourable, so it sets up when you dip things in it., Beans To Chocolate Welcome Books How Things Are Made.

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