

## Protein-Packed Brownie Batter Dip

**Prep time:** 5 minutes **Cook time:** 0 minutes

**Serves:** 8 servings

### Ingredients

- 15-ounce can black beans (1 1/2 cups cooked)
- 1/4 cup peanut butter
- 1/4 cup maple syrup
- 1/3 cup cocoa powder
- 1 teaspoon vanilla extract
- 1/4 teaspoon kosher salt
- 2 tablespoons water
- 1/4 cup dark chocolate chips (optional)

### Directions:

1. Rinse and drain the black beans over running water for 10 seconds.
2. Add the black beans, peanut butter, maple syrup, cocoa powder, vanilla, kosher salt, and 2 tablespoons water to blender or food processor. Puree for 30 seconds, then scrape down the bowl. Add additional 1 to 2 tablespoons water and puree again to come to a creamy consistency. Stir in dark chocolate chips.
3. Store refrigerated for 7 to 10 days. Serve with pineapple, green apple slices, and strawberries.

**Note:** If you don't have a food processor or blender, mash black beans using a fork against the side of a bowl. Add all ingredients and stir using a mixing spoon.

### Nutrition Facts (with chocolate chips):

Nutrition Facts	
Servings: 8	
Amount per serving	
<b>Calories</b>	<b>149</b>
	% Daily Value*
Total Fat 5.8g	7%
Saturated Fat 1.8g	9%
Cholesterol 0mg	0%
Sodium 309mg	13%
Total Carbohydrate 22.1g	8%
Dietary Fiber 4g	14%
Total Sugars 9.2g	
Protein 5.8g	
Vitamin D 0mcg	0%
Calcium 36mg	3%
Iron 3mg	15%
Potassium 359mg	8%

\*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.