

Chocolate Schroom-mus Dip

Salty and sweet, or fruity - pick your pairing, with this indulgent and nutritious Chocolate Schroom-mus Dip!

Chocolatey, delicious and packed with immune-supporting mushrooms and whole food antioxidants, this will be your new go-to afternoon pick-me-up.

CanPrev's Myco10 Immunomodulating Mushroom Complex blends seamlessly; snack away while balancing hormones and supporting your immunity - talk about a win-win-win!



Preparation time: 5 mins* | Serving: 3 Tbsp



Ingredients

- 1 can (14oz) chickpeas
- ½ cup nut milk, unsweetened
- ¼ cup almond butter
- ¼ cup unsweetened cacao powder
- 5 pitted dates
- 2 tsp hemp oil
- 2 tsp maple syrup or honey
- 1 tsp vanilla extract
- ¾ tsp ground cinnamon
- Pinch of sea salt, to taste
- 2 scoops Myco10 powder

Method

1. *Pre-soak dates for 30 minutes if desired, to soften.
2. Rinse and drain chickpeas.
3. Add all ingredients into a food processor, blending on low and scraping down the sides intermittently.
4. Blend until desired consistency reached and thin with additional liquid as needed.
5. Enjoy with whole-grain crackers and sliced fruit.

Nut-Free Option:

- Swap almond butter for a nut-free option; tahini or sunflower butter both work well in this recipe.
- Replace nut milk with dairy alternative, or reserve water from soaking dates for added sweetness.

Featured Products



Developed by: Krista Goncalves



As a Certified Holistic Nutritionist and Certified Fitness Trainer, Krista is a strong believer in the power of real food along with high-quality supplements to live a healthy lifestyle.

