

Healthier Chocolate Spreads

Serves: 20-30
Prep: 15-20 mins



Dietary: VEG, GF, DF, EF
Age group: 12 months+
Difficulty level: Beginner

Healthier Chocolate Spreads



Vegetarian



Egg Free



Gluten Free



Dairy Free

Equipment

High-speed blender

Ingredients

CHICKPEA CHOCOLATE SPREAD

2x400g can chickpeas, rinsed and drained

3 tbsp cacao powder

1/3 cup (80ml) maple syrup

1 tsp vanilla extract

2-4 tbsp coconut milk

Pinch of salt (optional)

2-3 soft Medjool dates, pitted

TAHINI DATE CHOC SPREAD

1 cup hulled tahini

14 soft Medjool dates, pitted

3 tbsp cacao powder

1 tsp vanilla extract

¼ - ½ cup coconut milk (adjust for texture)

HAZELNUT CHOC SPREAD

2 cups (250g) raw or roasted hazelnuts

3 tbsp cacao powder

½ cup (125ml) maple syrup

2 tsp (10ml) vanilla extract

Pinch of salt (optional)

1/3 cup (80ml) coconut milk

(optional, for smoother texture)

Method

1. To make the chickpea chocolate spread, blend all ingredients in a high-speed blender or food processor until smooth and creamy.
2. Add milk gradually until the desired consistency is reached.
3. Taste and adjust sweetness with dates if needed.
4. To make the tahini date choc spread, soak dates in warm water for 10 mins to soften, then drain.
5. Blend dates, tahini, cacao powder, vanilla, and milk until smooth.
6. Taste and adjust sweetness or consistency as needed.
7. To make the hazelnut choc spread, blend hazelnuts in a food processor until they turn into a smooth butter (takes about 5-7 mins).
8. Add cacao powder, maple syrup, vanilla, and salt, and blend until combined.
9. For a thinner consistency, add coconut milk one tablespoon at a time.

Storing leftovers: Store in an airtight container in the fridge for up to a week or freeze for up to 4 months.

Tips

Allergies:

For a nut-free version: Swap hazelnuts with pumpkin seeds, sunflower seeds or tahini. For a sesame-free version: Swap tahini for seed butter of choice.