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
- ¼ 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):**