

Food Trend: Dessert Hummus



By [Mara Miller](#)

Here's a fun new [food trend](#) for 2019! Hummus is awesome. Not only are chickpeas low in caloric intake, but they're high in protein and can help improve digestion, making them a good meat substitute for vegans and vegetarians. Pita chips go really well with red pepper and garlic hummus, but have you considered what it might be like to try graham crackers with pumpkin pie hummus?

Check out the latest food trend that treats hummus as dessert!

One of the best parts about most dessert hummus is that it's

vegan and low in calories, so it's a healthier alternative to ice cream or a slice of cheesecake. We've gathered a few recipes for you to make at home! The great part is that some of them only take five to 10 minutes. All you need is a processor to grind everything up with the beans.

[Snickerdoodle Hummus](#): This hummus has chickpeas infused with cinnamon, coconut sugar, and vanilla. It's best served with strawberries, but also works with pretzels, apple slices, and rice cakes.

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[Chocolate Brownie Batter Hummus](#): Who doesn't love eating brownie batter? This dessert hummus is a healthier alternative without the eggs since it's vegan with a base ingredient of chickpeas. Throw a few chocolate chips on top and you can double the chocolatey goodness!

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[Pumpkin Pie Hummus](#): If you're a pumpkin pie lover, it can be a bummer when the pumpkin spice coffee starts to go out of season. This recipe mimics the taste of a pumpkin pie with cinnamon, brown sugar, and nutmeg. Spread it over some graham crackers to mimic the crust! This recipe has pecans all over it, but if you have a nut allergy, you can leave it out.

[Cake Batter Hummus](#): This one has some more refined sugar than the other recipes, but that's because it's mixed with some cake batter. It also calls for a tablespoon of milk, but if you're vegan, you can try leaving it out or using an alternative. The chickpeas stand in for the butter and eggs. It's typically a hit with the kids, too!

[Chocolate Chip Cookie Dough Hummus](#): We can't give you a list of dessert hummus recipes without mentioning this. If you're a cookie dough fan, this hummus is great with apples or by the spoonful. It's gluten-free, and the possibilities of what you

can eat it with are endless.

Have you tried dessert hummus? If you've found any other yummy recipes, be sure to share them with us below!