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In our last workshop, we discovered that hummus doesn't have to rely on chickpeas as the star ingredient. Instead, virtually any type of legume can take center stage and deliver unique and delicious flavors. Beans can be used in many, many ways. As a canvas for culinary innovation, with a bit of creativity, beans can be used to make delightful and flavorful dips. Whether you're a hummus enthusiast or just beginning to explore the culinary world, we hope you enjoy these recipes as much as we do.

****Note;** when rehydrating dry beans the ratio is roughly 1:3. Our recipes call for approximately 15 ounces of cooked beans which would mean roughly 5 ounces of dry, uncooked. A heaping half-cup of dry beans will cook up to be about the 15 ounces required.

Black-Bean Chocolate Hummus

Ingredients:

- 15 ounces (1 can) of black beans, drained and rinsed
- 3 1/2 tablespoons cocoa powder
- 1/2 cup sweetener of choice (such as honey, maple syrup, agave nectar, or white sugar)
- 1/3 cup fat of choice (e.g., peanut butter, sunflower seeds, coconut oil, almond butter)
- 1/4 teaspoon salt
- 2 teaspoons vanilla extract

Instructions:

1. **Prepare the Black Beans:** Drain and rinse the black beans thoroughly under cold water to remove excess sodium and canning liquid. If using dried beans, soak the night before for at least 8 hours. Drain, and cook in enough water to cover the beans for at least an hour. Let the cooked and drained beans cool off to room temperature.
2. **Prepare Cocoa Powder:** To achieve a more developed chocolate flavor, first bloom your cocoa powder by mixing it with just enough hot water with a fork or small whisk to incorporate the powder into a thick paste. Very hot water from a kitchen tap will work fine.
3. **Blend Ingredients:** In a blender or food processor, combine the drained black beans, cocoa powder, sweetener, fat of choice, salt, and vanilla extract. At our workshop, we used 1/3 cup of sunflower seeds which provides the necessary oil.

4. **Blend Until Smooth:** Blend all the ingredients until you achieve a smooth and creamy consistency. You may need to stop and scrape down the sides of the food processor bowl to ensure everything is well incorporated.
 5. **Taste and Adjust:** Taste the chocolate black bean hummus and adjust the sweetness or saltiness according to your preference. You can add more sweetener or a pinch of salt if needed.
 6. **Serve and Enjoy;** Transfer the chocolate black bean hummus to a serving bowl. Serve your chocolate black bean hummus as a unique and delightful dessert or snack. It can be served with fruit slices, graham crackers, as a spread for toast, or even stand-alone as a high protein snack.
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Red Pepper No-Chickpea Bean Hummus

Ingredients:

- 1 can (15 ounces) of beans, drained and rinsed (any bean will work)
- 2 to 4 tablespoons water (adjust for desired consistency)
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1/2 cup pumpkin seeds
- 1-3 minced cloves of garlic (adjust to taste)
- 1/2 teaspoon ground cumin
- 1 1/2 teaspoons red pepper flakes (adjust to taste)
- 1/4 to 1/2 teaspoon salt (adjust to taste)

Instructions:

1. **Prepare the Mixed Beans:** Drain and rinse the mixed beans under cold water. This will help remove excess sodium and canning liquid, resulting in smoother hummus. If using dried beans, soak the night before for at least 8 hours. Drain, and cook in enough water to cover the beans for at least an hour. Let the cooked and drained beans cool off to room temperature.
2. **(Optional) Toast the Pumpkin Seeds:** Heat a dry skillet over medium heat. Add the pumpkin seeds and toast them for 3-4 minutes, stirring frequently until they are lightly browned and fragrant. Remove them from the heat and set aside a small portion for garnish.
3. **Combine Ingredients:** In a food processor or blender, add the beans, 2 tablespoons of water, olive oil, lemon juice, minced garlic, toasted pumpkin seeds, ground cumin, red pepper flakes, and 1/4 teaspoon of salt.

4. **Blend:** Blend all the ingredients until you achieve a smooth and creamy consistency. If the hummus is too thick, you can add more water, 1 tablespoon at a time, until it reaches your desired consistency.
5. **Taste and Adjust:** Taste the mixed bean and pumpkin seed hummus and adjust the seasoning to your preference. You can add more red pepper flakes or salt for extra flavor.
6. **Serve, Garnish and Enjoy:** Transfer the hummus to a serving bowl. Drizzle a bit of olive oil over the top and sprinkle the reserved toasted pumpkin seeds for garnish. Serve your mixed bean and pumpkin seed hummus with pita bread, tortilla chips, fresh vegetables, or use it as a spread for sandwiches or wraps.