

Chocolate Cashew Spread [15 Healthy Dips and Spreads \(healthline.com\)](#) [Retrieved 5.23.24]

The recipe makes 4 servings.

Cashews can be blended into dairy-free dips and spreads to make them rich and creamy. They also provide nutrients like potassium and unsaturated fats, which may help reduce blood pressure and increase HDL (good) cholesterol levels. This chocolatey spread tastes great with apple slices or pita chips.

Ingredients:

- 1 cup (112 grams) of raw cashews
- 1/4 cup (20 grams) of unsweetened cocoa powder
- 1 tablespoon (15 ml) of maple syrup
- 1 tablespoon (15 ml) of coconut oil, melted

Directions: Combine the cashews, cocoa powder, and maple syrup in a food processor or high-powered blender. Pulse or blend until smooth. You may need to use a spatula to scrape the sides every so often. Pour in the coconut oil while blending or pulsing.

NUTRIENTS PER SERVING: Calories: 252 Protein: 6 grams Carbs: 18 grams Fat: 20 grams