

Heather Lipschutz



DbwvDNIV

Entry details

Entry Name: Vegetarian Voyage: Chocolate Hummus

Institution Name: Temple University

Entry Completed By (*name and position*): Heather Lipschutz, Director of Operations

Email Address: lipschutz-heather@aramark.com

Phone Number: +12672078625

Address: 2029 N Broad Street

City: Philadelphia

State: PA

Zip Code: 19122

Country: United States of America

Essay:

Temple University Culinary Services sought to create a high-protein vegetarian dessert, and the result was our standout Vegetarian Chocolate Hummus recipe. This recipe showcases chickpeas, which provide about 14.5 grams of protein per cooked cup. The recipe also highlights dates, which are rich in fiber and support gut health. Together chickpeas, dates, and coconut milk blend together to transform an ordinary hummus into a surprisingly delicious plant-based dessert.

In October 2025, our dietitian celebrated Temple University's National Vegetarian Month by hosting a wellness tabling where students sampled the hummus and learned about the nutritional benefits of its key ingredients. To complement the hummus, we offered fresh fruit such as strawberries, pineapples, and melons. Students explored how pairing the chocolate hummus with fruit can add nutrients like vitamin A, vitamin C, and antioxidants. We also included an interactive nutrition game, Fuel Up: Plant-Powered Eats, where students guessed the protein content of common plant-based foods. This activity sparked conversation around accessible, plant-based proteins and reinforced plant-powered eating.

Some students shared that while they dislike traditional hummus, they enjoyed this dessert-style version as a healthier alternative to other desserts. We collected additional feedback, using a QR code to a 2-question survey, and the strong student reception of this Temple-created recipe has led other universities to adopt it for their own National Vegetarian Month celebrations.

While most ingredients were readily accessible, we collaborated with local produce partners to source fresh, high-quality dried Medjool dates to ensure the best possible flavor and texture. The overall cost of the recipe remained comparable to the standard dessert options offered in our residential dining locations, delivering greater value and nutrition in each bite.

Recipe:

Serving Size: ½ cup Portion Weight: 4.52 oz (128 g) Servings: 25

Ingredients:

4 lb, 11 oz canned chickpeas, low-sodium, rinsed and drained

3 tbsp + 1/4 tsp kosher salt

3/4 cup + 2 tsp semisweet chocolate chips

1/3 cup + 1 tbsp pure maple syrup

1 cup + 1 tbsp refrigerated coconut milk

1 3/4 oz cocoa powder (bulk)

1 tbsp + 1 3/4 tsp pure vanilla extract

2 lb, 5 1/2 oz pitted dried dates

1 1/2 cups + 1 tbsp water

Production Steps:

1. Combine dates and water in a saucepan and bring to a boil. Lower heat and simmer uncovered for 5 minutes, or until the dates have softened and started to break apart. Remove from heat, strain, and put aside.
2. Combine all ingredients except water and chocolate chips in a food processor or blender. Process ingredients until silky smooth. Use a spatula to push down additional product so all is combined.
3. Add water as needed to help with the consistency.
4. Cover. Keep chilled for service or use as directed in recipe.
5. Garnish with chocolate chips.

Nutrition:

One serving (½ cup, 128 g) of this recipe provides 230 calories, 27 calories from fat, 3 g total fat, 1.5 g saturated fat, 0 g trans-fat, 0 mg cholesterol, 510 mg sodium, 51 g carbohydrates, 6 g of fiber, and 5 g of protein.

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VegetarianVoya... 1.5 MiB



VegetarianVoya... 853 KiB



VegetarianVoya... 522 KiB



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VegetarianVoya... 722 KiB



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VegetarianVoya... 3.8 MiB



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Temple Chocol... 3 KiB



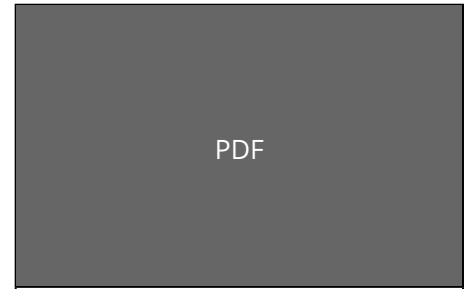
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ChocolateHum... 284 KiB



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FuelUp_Hando... 1.7 MiB



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FuelUp_Matchi... 674 KiB