

Hummus and Whole Wheat Pita Chips

½ can garbanzo beans (also called chick peas)

½ t. lemon juice

2 T. olive oil - light in color

2 T. water to thin humus

1/8 t. sesame oil

1/8 t. ground cumin

½ clove garlic

sprinkle of sea salt

dash of salt and pepper to taste



- 1. Make paste out of garlic clove so it blends in well – this is done by mincing and then using knife blade to crush. Sprinkle with little sea salt to dry it out if you wish.**
- 2. In food processor or blender add drained beans, lemon juice, olive oil, sesame oil, cumin, garlic paste, and pepper. Blend until creamy.**
- 3. Add 1 T. of water or a little water from can of beans if needed to thin this out. Taste and salt if needed.**
- 4. Serve with pita bread, crackers, chips, or vegetables. Can garnish with paprika and green pepper.**

Whole Wheat Pita Bread Chips

2 T. Butter

2 (6") pita loaves cut in 8 wedges & each wedge separated into 2 triangles

Melt butter in microwave – cover bowl. Brush butter lightly on rough side of pita triangles. Arrange butter side up in one layer on cookie sheet. Sprinkle salt, pepper. Broil in oven for 3-5 minutes, until crisp and light brown. Makes 32 toasts. Cool on racks and (may be stored in airtight container in dry place.)

****Serve with assorted vegetables and chips**