

# Hummus (sesame free) with Pita chips

## Ingredients:

- 1 (15 oz.) can garbanzo beans (chickpeas), drained and rinsed
- 2 to 4 tbsp. water
- 2 tbsp. extra virgin olive oil
- 1 tbsp. lemon juice
- 1 garlic clove minced
- 3/4 tsp. ground cumin
- 1/4 to 1/2 tsp. salt

## Instructions:

- Add the garbanzo beans, 2 tablespoons of water, the olive oil, lemon juice, garlic, cumin, and 1/4 teaspoon of salt to a food processor.
- Process until smooth and creamy.
- If needed, add additional water to thin out the hummus and 1/4 teaspoon of salt to your taste preference.
- If you are smashing them by hand use a potato masher. It will be chunkier and not as smooth but it will be delicious.
- Store covered in the refrigerator.

## Pita Chips:

### Ingredients:

- 4 Whole Wheat Pitas, cut into 8 triangles
- 2 1/2 Tablespoons of olive oil
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of black pepper
- 1 teaspoon of dry basil
- 1/4 teaspoon of sea salt

### Directions:

Preheat oven to 350 F

Line baking sheet with parchment

Cut Pita bread into triangles

Pour olive oil on top of pita with spices as desired. Turn over do the same.(check the pieces are completely covered)

Bake for 8 - 10 minutes flip them over and bake again for 3 -5 minutes.

