



Homemade Hummus with Pita

Ingredients:

- Three whole wheat pitas, cut into wedges
- One 14 oz. can of garbanzo beans (chickpeas), drained
- 1 Tb Tahini paste
- Juice from one lemon
- 2 cloves of garlic, minced
- ½ tsp cumin
- ½ tsp salt
- 2 Tb olive oil

Directions:

1. Combine the beans, tahini, lemon juice, garlic, cumin, and salt into a food processor and mix. Drizzle in the olive oil as it mixes, until you have a nice thick and smooth consistency. You can always add a bit of water to make this a bit thinner if needed. This dip will keep in the refrigerator for up to one week.
2. Serve with toasted pita wedges. The pita can be placed on a baking sheet and baked for 10 minutes at 400°F until hot and lightly crisped.