



Homemade Hummus and Heart Pita Chips

Ingredients- Hummus

- 1, 15-oz can chickpeas drained and rinsed
- $\frac{1}{3}$ cup water
- $\frac{1}{3}$ cup tahini
- 1 Tbs lemon juice, more as needed
- $\frac{1}{2}$ tsp ground cumin
- $\frac{1}{2}$ tsp kosher salt

Ingredients- Pita Chips

- 1 package store bought flour or gluten-free pita bread
- 2 Tbs olive oil
- $\frac{1}{2}$ tsp kosher salt

1. In the bowl of a food processor, blend all of the hummus ingredients until smooth, adding 1 tablespoon of water at a time if the hummus is too thick.. This could take up to 10 minutes.
2. Preheat the oven to 375 degrees. Place your pita bread on a cutting board, use your heart shaped cookie cutter to make heart pitas and put them on the baking sheet. When you have made all of your hearts, place them on the baking sheet, using the pastry brush, lightly brush both sides with olive oil and sprinkle with salt. Bake in the preheated oven for 7-10 minutes or until golden. Remove from the oven and allow to cool. Serve with the hummus and cut up veggies.

Equipment

- Measuring Spoons/Cups
- Food processor
- Silicone spatula
- Can opener, if needed
- Cutting board
- Pastry brush
- Baking sheet
- Heart shaped cookie cutter
- Metal spatula