



### NUTRITION PER SERVING:

<b>CALORIES</b>	235
<b>PROTEIN</b>	9 G
<b>CARBOHYDRATE</b>	32 G
<b>TOTAL FAT</b>	9 G

---

<b>PREP TIME:</b>	20 MINUTES
<b>COOK TIME:</b>	10 MINUTES

---

<b>YIELD:</b>	8 SERVINGS
<b>SERVING SIZE:</b>	1/3 C HUMMUS AND 5 PITA CHIPS

### FOR DIP:

<b>2 C</b>	LOW-SODIUM GARBANZO BEANS (CHICK PEAS), RINSED
<b>¼ C</b>	LOW-SODIUM CHICKEN BROTH
<b>¼ C</b>	LEMON JUICE
<b>2-3 TBSP</b>	GARLIC, DICED (ABOUT 4-6 GARLIC CLOVES, DEPENDING ON TASTE)
<b>¼ C</b>	CREAMY PEANUT BUTTER (OR SUBSTITUTE OTHER NUT OR SEED BUTTER)
<b>¼ TSP</b>	CAYENNE PEPPER (OR SUBSTITUTE PAPRIKA FOR LESS SPICE)
<b>1 TBSP</b>	OLIVE OIL

### FOR PITA CHIPS:

<b>4</b>	(6½-INCH) WHOLE-WHEAT PITAS, EACH CUT INTO 10 TRIANGLES
<b>1 TBSP</b>	OLIVE OIL
<b>1 TSP</b>	GARLIC, MINCED (ABOUT 1 CLOVE) (OR ½ TSP GARLIC POWDER)
<b>¼ TSP</b>	GROUND BLACK PEPPER



## PEANUT BUTTER HUMMUS

BRING OUT THE VEGGIES OR PITA CHIPS—TRY THIS IRRESISTIBLE COMBINATION OF PEANUT BUTTER AND HUMMUS . . . WITH A SPICY KICK!

- 01 Preheat oven to 400 °F.
- 02 To prepare the hummus, combine all ingredients for the dip and mix them in a food processor or blender. Puree until smooth.
- 03 To prepare the chips, toss the pita triangles with the olive oil, garlic, and pepper.
- 04 Bake chips on a baking sheet in a 400 °F oven for 10 minutes, or until crispy.
- 05 Arrange pita chips on a platter, and serve with the hummus.

**Note:** If you can't find beans labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.

- ✓ Younger children can break apart the pita bread. Older children can make the recipe themselves.

