



**NUTRITION PER SERVING:**

**CALORIES** 235  
**PROTEIN** 9 G  
**CARBOHYDRATE** 32 G  
**TOTAL FAT** 9 G

**PREP TIME:** 20 MINUTES  
**COOK TIME:** 10 MINUTES

**YIELD:** 8 SERVINGS  
**SERVING SIZE:** 1/3 C HUMMUS AND 5 PITA CHIPS

**FOR DIP:**

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

**FOR PITA CHIPS:**

**4** (6½-INCH) WHOLE-WHEAT PITAS, EACH CUT INTO 10 TRIANGLES  
**1 TBSP** OLIVE OIL  
**1 TSP** GARLIC, MINCED (ABOUT 1 CLOVE) (OR ½ TSP GARLIC POWDER)  
**¼ TSP** 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.

