

**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

**1/4 C** LOW-SODIUM CHICKEN BROTH

**1/4 C** LEMON JUICE

**2-3 TBSP** GARLIC, DICED (ABOUT 4-6 GARLIC  
CLOVES, DEPENDING ON TASTE)

**1/4 C** CREAMY PEANUT BUTTER (OR  
SUBSTITUTE OTHER NUT OR SEED BUTTER)

**1/4 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)

**1/4 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.

