

## Whole Wheat Pita Chips with Hummus



### Ingredients

#### Wheat Pita

- 1 PKG 6" Whole Wheat Pita Bread
- 1 TBSP of SLR's Spice of Life  
*(or a non-salt seasoning of your choice)*
- 1/4 CUP of Olive Oil

#### Hummus

- 2 CUPS Canned Chickpeas
- 2/3 CUP Tahini
- Juice of 1 large Lemon
- 1 TSP of Cod Liver Oil
- 1 Garlic Clove, peeled/minced
- Olive Oil, Parsley and Paprika

Preparation time: 15 minutes

#### Wheat Pita

Cut pita bread into triangles. Pull triangles apart so they are not attached. Mix together the olive oil & SLR's Spice of Life. Put pita triangles in a large bowl and add the oil mixture. Mix well. Place pita triangles on a baking sheet pan. Cook in 350° oven until golden-color and crispy, approximately 10 to 15 minutes.

#### Hummus

Boil chickpeas in water for 10 minutes. In a food processor, puree the chickpeas until smooth, add in the cod liver oil. In a bowl, stir together tahini, lemon juice, and garlic. Add pureed chickpeas and blend all together. Place in serving bowl and add a little olive oil to the top of the hummus with some parsley and paprika for garnish.



*A recipe from the kitchen of* 

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