

O-YA Hummus Dip & Baked Pita Chips

An 'After School Club Healthy Snack' Recipe

Recipe provided by Holistic Nutritionist Sarah Green

Hummus Dip

3 Cans	Organic Chick Peas (Garbonzo Beans)
1 3/4 Tbsp.	Salt
9 Cloves	Garlic, minced
1/2 Cup	Tahini
3	Juice of 3 lemons
3 Tbsp.	Honey
3/4 Cup	Grapeseed Oil
1/4 Cup	Water

Blend all ingredients in a food processor until smooth. Adjust seasoning if needed. Makes 6 cups.

Baked Pita Chips

3 Bags	Pita
	Grapeseed Oil or Olive Oil

Preheat oven to 400 degrees. Split apart each Pita into 2 halves. Brush the inside lightly with oil and cut into wedges. Place on a baking tray and bake for 5 minutes.

