

INGREDIENTS

Black Bean Hummus

- 2 cups Black Beans, rinsed and drained well, if canned
- 1 cup Chickpeas, rinsed and drained well, if canned
- 1 Garlic Clove, minced
- 1 teaspoon ground Cumin
- 1 tablespoon fresh Lemon Juice
- ¼ cup Olive Oil
- 2 teaspoons fresh Cilantro, chopped

Baked Pita Chips

- 4-5 Pita bread, whole wheat
- 2 Tbsp Sea Salt
- 3 Tbsp Olive Oil

INSTRUCTIONS

Black Bean Hummus


1. Combine black beans, chickpeas, lemon juice, garlic, oil, salt, and cumin in a food processor. Purée on medium speed for 1–2 minutes until beans have a smooth consistency. Be careful not to overmix.
2. Using a rubber spatula, scrape black bean mixture into a large bowl.
3. Add cilantro. Stir well.
4. Transfer to a serving dish and cover.
5. Refrigerate until fully chilled.


Baked Pita Chips

1. Preheat oven to 350°F.
2. Line a baking sheet with parchment paper.
3. In a mixing bowl, mix olive oil and sea salt.
4. Cut each pita into 8 triangles.
5. Place pita triangles in a bowl and pour seasoned olive oil over pita. Using your hands, gently toss to coat each pita triangle.
6. Place pita triangles on prepared baking sheet.
7. Bake for 8-10 minutes or until slightly browned.
8. Remove from oven and let cool. Serve immediately or store in an airtight container.



Black Bean Hummus & Baked Pita Chips

 6 servings

 Prep time 15 minutes
Cook time 10 minutes

Making food with your children is both fun and rewarding! This easy, high protein, low fat snack is the perfect recipe for families to get started cooking with their children. Black bean hummus also makes an AMAZING dip for veggies!

