



**BRAIN HEALTHY
COOKING**

Snack

Whole Wheat Pita Chips & 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**

Directions

WHEAT PITA

1. 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.
2. Cook in 350° oven until golden-color and crispy, approximately 10 to 15 minutes.

HUMMUS

3. Boil chickpeas in water for 10 minutes.
4. 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.
5. Place in serving bowl and add a little olive oil to the top of the hummus with some parsley and paprika for garnish.

