

Hummus

1 (19 ounce) can garbanzo beans, set aside 4 or 5 for garnish

2 tablespoons Tahini (sesame paste)

4 tablespoons lemon juice

1 clove garlic, peeled and chopped

1 teaspoon salt

2 tablespoons olive oil

Directions:

Place garbanzo beans, tahini, lemon juice, garlic and salt in blender or food processor. Blend until smooth.

Transfer to serving bowl. Drizzle with olive oil, and garnish with reserved garbanzo beans. Serve with pita chips or raw veggies.

Homemade Pita chips

1 package pita pockets

2 tablespoons olive oil

1 tablespoon garlic powder

1 teaspoon Kosher salt

1 teaspoon garlic salt

Directions:

Preheat oven to 400 degrees Fahrenheit. Brush each pita round with olive oil. Cut each pita into 8 wedges and sprinkle lightly with garlic powder, salt, and garlic salt. Bake for 10—15 minutes or until golden brown.