

SPINACH HUMMUS

INGREDIENTS

1 (15 ounce) can garbanzo beans/chickpeas, drained
¼ cup tahini
½ cup fresh spinach, chopped
2 tablespoons garlic, minced
3 tablespoons olive oil
3 tablespoons lemon juice
¼ teaspoon sea salt

pita chips:

1 package whole wheat pita bread
6 tablespoon olive oil
sea salt

METHOD

In a food processor, blend the beans and tahini until creamy. Add the garlic, spinach, olive oil, lemon juice and salt and blend. If spinach hummus is too thick, add 1 tablespoon water at a time until desired consistency. Hummus should be smooth and creamy.

For the pita chips: Preheat oven to 400°. Cut the pita into strips or wedges. Toss with olive oil in a bowl. Lay the pita pieces on a baking pan in a single layer, using more than one pan if needed. Sprinkle with salt and bake until crispy.