



HUMMUS & PITTA SHAPES



SERVINGS:
2



TIME:
20 MINS



DIFFICULTY:
EASY



COST:
££££

Ingredients:

- 1 can of chickpeas (tinned in water)
- 1 lemon
- 1 tbsp tahini (or peanut butter)
- 1 clove of garlic
- Olive oil
- 1- 2 pitta bread

Method:

1. Preheat your oven to 180c/160c fan/gas 4
2. Lightly grease a baking tray with a little olive oil
3. Use your favourite cookie cutter to cut out your pitta shapes and place them on the baking tray
4. Place the pitta shapes in the oven for 10 minutes
5. To make the hummus, use a sieve to drain the chickpeas and place them in a food processor (or bowl if using a handheld blender)
6. Add the tahini to the chickpeas
7. Cut the lemon in half and squeeze its juice into the ingredients.
8. Peel the garlic and add to the mixture
9. Whizz all the ingredients together until smooth and spoon into a serving bowl.
10. Serve with the pitta bread chips and enjoy!