

Pita crisps and hummus

Making crackers to go with dip is far more economical and healthier than many of the packets you can buy. They will also keep in a sealed container for a few days. You can use any type of pita bread or wrap and simply cook them on a flat sandwich press. Nothing could be easier!

Crisps

Traffic light category: Green

Wraps/pita bread come in a variety of flavours such as garlic and herb, spinach and sundried tomato. This means there is no need to add extra flavour, just toast. Plain wraps/pita bread can be sprayed lightly with olive oil then sprinkled with herbs such as oregano, rosemary and garlic powder. Za'atar, a Middle Eastern spice mix is great sprinkled on plain wraps/pita bread. Allow to cool slightly then cut into 12 wedges.

Hummus

Traffic light category: Green

Makes: 2 cups

Ingredients

- » 400g can chickpeas, drained
- » 3 tablespoons lemon juice
- » 2 cloves garlic, crushed
- » 3 tablespoons tahini
- » ¼ teaspoon ground cumin

Method

1. Drain chickpeas and rinse thoroughly
2. Place chickpeas and all other remaining ingredients in a food processor and blend until smooth. Serve with vegetable sticks and pita crisps.

Nutrition information panel (Dip only)		
Nutrient	Per serve	Per 100g
Weight	25g	100g
Energy	173kJ	688kJ
Protein	2g	7g
Total fat	2g	8.5g
Saturated fat	0.2g	1g
Carbohydrate	3g	12g
Sugars	0.2g	1g
Dietary fibre	1g	5g
Sodium	50mg	198mg

