



# Whole Wheat Pita Chips with Hummus

## Wheat Pita

- 1 Package of 6" Whole Wheat Pita Bread
- 1 Tablespoon of SLR's Spice of Life  
(or a non-salt seasoning of your choice)
- 1/4 cup of Olive Oil
- 1 Teaspoon of Cod Liver Oil

Cut Pita Bread into triangles. Pull triangles apart so they are single (not attached). Mix together the Olive Oil, Cod Liver Oil & SLR's Spice of Life. Put pita triangles in a large bowl and add the oils mixture. Mix well. Place pita triangles on a baking sheet pan. Cook in 350 degree oven until golden-color and crispy, approximately 10 to 15 minutes.

## Hummus

- 2 cups Canned Chickpeas
- 2/3 cup Tahini
- Juice of 2 Lemons
- 3 Garlic Cloves, peeled and minced
- Olive Oil, Parsley and Paprika

In food processor, puree the Chickpeas until smooth, adding a little olive oil if necessary. In a bowl, stir together Tahini, Lemon juice, and Garlic. Add pureed Chickpeas. Place in serving bowl and add a little olive oil to the top of the Hummus with some parsley and paprika for garnish.

A recipe from the kitchen of  **SENIOR LIVING RESIDENCES**  
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