



## Halloween Hummus with Spiced Pita Chips

A fall spin on a healthy snack that is perfect for Halloween parties. Kids and adults alike will love this protein packed snack! Try serving with 1 tsp of honey drizzled on top for some added sweetness or some toasted pumpkin seeds.

### U.S.

#### *Hummus:*

1 (15 oz) can	Chickpeas, drained, rinsed
3/4 cup	Pumpkin Puree, canned
1 each	Lemon, juiced
1/4 cup	Olive Oil
1/4 cup	Water
1 tsp	Cinnamon, ground
1 tsp	Nutmeg, ground
1/2 tsp	Ginger, ground
1/4 tsp	Salt, Kosher

### Metric

254 g
183.7 g
1 each
60 mL
60 mL
2.8 g
2.4 g
1.4 g
1.5 g

#### *Pita Chips:*

12 each	Pita Bread, Whole Wheat	12 each
1 Tbsp	Olive Oil	15 mL
1 tsp	Brown Sugar	4.4 g
1/2 tsp	Cinnamon, ground	1.4 g
1/4 tsp	Ginger, ground	0.7 g
1/4 tsp	Nutmeg, ground	0.6 g
1/8 tsp	Allspice, ground	0.3 g
1/8 tsp	Cloves, ground	0.3 g
to taste	Black Pepper, ground	to taste

### **Preparation:**

#### *Hummus:*

1. Gather all ingredients and equipment.
2. Blend all ingredients in a food processor or blender until smooth.
3. Refrigerate after making.

#### *Pita Chips:*

1. Preheat oven to 400°F (200°C).
2. Cut the pitas into 6-8 slices and place in a medium or large bowl.
3. Place the pita chips and oil in a medium size bowl and toss until pitas are very lightly coated in oil.
4. Add the sugar and seasonings to the bowl and toss.
5. Spread pitas evenly on a sheet pan lined with parchment paper or foil. Try to avoid overlapping the chips.
6. Bake for 10 to 14 minutes or until the chips begin to turn light brown. Remove from oven and allow to cool before eating.

**\*\*Nutrition Facts on Reverse**

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**Nutrition Facts****Serving size**                    **1/4 cup hummus****8 chips****Servings****8****Calories**

220

Calories from Fat

80

Total Fat

9 g

Saturated Fat

1 g

Trans Fat

0 g

Monounsaturated Fat

6 g

Cholesterol

0 mg

Sodium

300 mg

Carbohydrates

31 g

Dietary Fiber

7 g

Sugars

1 g

Protein

9 g

Vitamin A

140 %

Calcium

6 %

Vitamin C

2 %

Iron

6 %

Phosphorus

26 mg

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