



early childhood community development centre

Hummus and Pita Triangles

Ingredients

Hummus

- 1 can chick-peas drained and rinsed
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice

Source: The Baby's Table by Brenda Bradshaw & Lauren Donaldson Bramley

Directions

In a blender or food processor puree chick-peas, oil and lemon juice.

Pita Triangles

- 1 package of whole wheat pita bread

Directions

Cut each pita into 8 slices (similar to how a pizza is sliced). Place in a single layer on a lightly oiled baking sheet. Bake about 5-8 minutes at 400 F until brown and crispy.

Source: Healthy Snacks for Kids

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