



# BOD BY TODD

## Fitness Coaching

"Don't Be Average, Be Fit"

### NUTRITION PER SERVING:

CALORIES	235
PROTEIN	9 G
CARBOHYDRATE	32 G
TOTAL FAT	9 G

PREP TIME:	20 MINUTES
COOK TIME:	10 MINUTES

YIELD:	8 SERVINGS
SERVING SIZE:	1/3 C HUMMUS AND 5 PITA CHIPS

### FOR DIP:

2 C	LOW-SODIUM GARBANZO BEANS (CHICK PEAS), RINSED
1/4 C	LOW-SODIUM CHICKEN BROTH
1/4 C	LEMON JUICE
2-3 TBSP	GARLIC, DICED (ABOUT 4-6 GARLIC CLOVES, DEPENDING ON TASTE)
1/4 C	CREAMY PEANUT BUTTER (OR SUBSTITUTE OTHER NUT OR SEED BUTTER)
1/4 TSP	CAYENNE PEPPER (OR SUBSTITUTE PAPRIKA FOR LESS SPICE)
1 TBSP	OLIVE OIL

### FOR PITA CHIPS:

4	(6½-INCH) WHOLE-WHEAT PITAS, EACH CUT INTO 10 TRIANGLES
1 TBSP	OLIVE OIL
1 TSP	GARLIC, MINCED (ABOUT 1 CLOVE) (OR 1/2 TSP GARLIC POWDER)
1/4 TSP	GROUND BLACK PEPPER



# PEANUT BUTTER HUMMUS

BRING OUT THE VEGGIES OR PITA CHIPS—TRY THIS IRRESISTIBLE COMBINATION OF PEANUT BUTTER AND HUMMUS . . . WITH A SPICY KICK!

- 01 Preheat oven to 400 °F.
- 02 To prepare the hummus, combine all ingredients for the dip and mix them in a food processor or blender. Puree until smooth.
- 03 To prepare the chips, toss the pita triangles with the olive oil, garlic, and pepper.
- 04 Bake chips on a baking sheet in a 400 °F oven for 10 minutes, or until crispy.
- 05 Arrange pita chips on a platter, and serve with the hummus.

**Note:** If you can't find beans labeled "low sodium," compare the Nutrition Facts panels to find the beans with the lowest amount of sodium. Rinsing can help reduce sodium levels further.



Younger children can break apart the pita bread. Older children can make the recipe themselves.

