



## Lunchtime Pita Pockets

### List of ingredients

Wholemeal pita bread  
Hummus  
Silverbeet leaves, washed  
Grated carrot

### Optional extras

Parsley  
Coriander  
Chopped celery  
Sprouts  
Radishes  
Capsicum  
Sliced cooked egg

### How to prepare the dish

Toast the pita pocket in toaster until it puffs up but not crisp.  
Spread the inside with hummus.  
Add some silverbeet leaves and grated carrot.



### **Tip: Make your own Hummus**

Mashing a tin of drained chick peas with some lemon juice and plain yoghurt.

If you don't have yoghurt, just add water or more lemon juice.

The hummus should be a spreadable consistency but not runny.