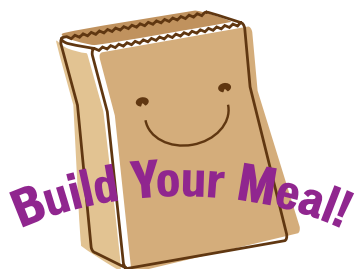




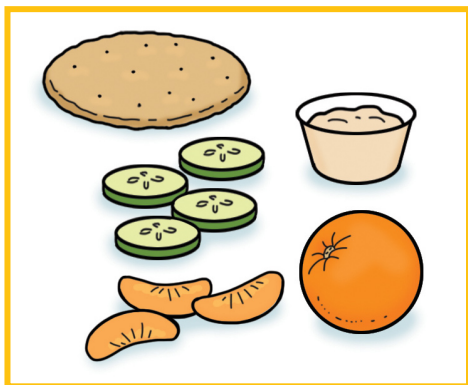
# Hummus and Pita

A Food Hero Recipe Kit



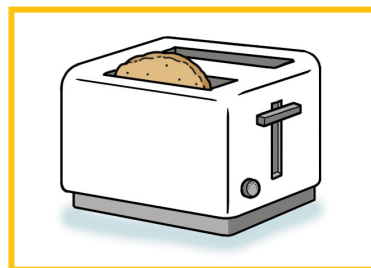
## Make it at home!

With the ingredients in today's school meal bag, you can make **Hummus and Pita** for breakfast tomorrow. Follow the steps below. Or you can eat the ingredients on their own. For cooking tips, nutrition facts and a video, visit: [FoodHero.org/recipes/hummus-with-tahini](https://www.FoodHero.org/recipes/hummus-with-tahini)



## Ingredients

- 1 whole-grain **pita**
- 2 Tablespoons **hummus**
- 1 **tangerine**
- Cucumber** slices



- 1 Toast the pita until lightly browned, if desired.



- 2 Spread the hummus on the pita, and top it with the cucumber slices. Or use the hummus as dip.



- 3 Peel your tangerine and separate it into slices.



- 4 Enjoy your **Hummus and Pita** breakfast! Refrigerate leftovers within 2 hours.