



# Pizza Hummus

FLYNTKIDSCOOK

## Ingredients

1 (16 oz) can	Chickpeas
1/4 cup	Tomato paste
1/4 cup	Water
1 tsp	Dried oregano
1 tsp	Dried basil
1 Tbsp	Olive oil
2 Tbsp	Lemon juice
1/4 cup	Shredded Parmesan cheese
1 clove	Garlic
1/4 tsp	Salt
1/4 tsp	Pepper

## Directions

1. Drain and rinse chickpeas with water.
2. Add all ingredients into a food processor or blender and blend until well combined. If the hummus is too thick to blend, slowly add more water 1-2 tablespoons at a time until hummus reaches a smooth consistency.
3. Serve with fresh veggies or whole wheat crackers!

## Supplies & Equipment

- Can opener
- Measuring spoons
- Blender ~or~ food processor

\*Recipe from [eatright.org](http://eatright.org)

MICHIGAN STATE  
UNIVERSITY

HURLEY  
CHILDREN'S  
HOSPITAL

PEDIATRIC PUBLIC HEALTH INITIATIVE