



# PITA BREAD WITH HUMMUS

## INGREDIENTS

[ to make 4 ]

1/2 cup whole wheat flour

pinch of salt

1/4 cup of luke warm water

1/4 teaspoon oil

## METHOD

Mix together the flour and salt. Mix in the water with your hands. Dough should be firm and not sticky. Knead the dough lightly and then separate into four parts. Flour and roll out each ball of dough. Place a teaspoon of oil in a flat pan (a skillet is best). Cook on one side till you start to see bubbles. Turn it over and cook on the other side till you get a golden colour. Serve warm with Hummus.

\*For a crunchier pita bread, roll the dough much thinner, for a softer pita bread, make it thicker.