

## Raw Veggie Stuffed Pitas



Makes 4 “sandwiches”

### Ingredients:

Lemon Hummus ( [See below for recipe](#) )

Variety of Vegetables - broccoli, cilantro, sprouts, cauliflower, radish, peppers, carrot, celery, zucchini, etc.

Pitas of your choice

Salad dressing of your choice

### Directions:

1. Make the lemon hummus
  2. Buy pre-cut veggies or chop about 2 cups of the vegetables of your choice into bite size pieces
  3. Using the back of a big spoon, generously spread hummus onto both sides of open, toasted pita.
  4. Stuff and pack down with raw veggie mixture.
  5. Drizzle salad dressing of choice over top (Asian, vinaigrette, etc.) optionally add cilantro or sprouts.
- Carefully eat and enjoy!

### Note: Lemon Hummus- Recipe

#### Ingredients:

- 1 can garbanzo beans (chickpeas), rinsed and drained
- 1 organic whole lemon
- 1-2 garlic cloves
- 2-3 Tbsp Tahini
- Salt and pepper to taste

**Directions:** Using a sharp paring knife, strip several rows of zest off the lemon peel and set aside. Cut the lemon in half and juice it, discarding the seeds and white parts. Turn on the food processor and drop in the garlic gloves while the machine is running. Add beans, a few lemon zest strips, lemon juice, tahini, salt and pepper, and process until smooth.

**GLUTEN FREE / VEGAN**