

hummus pita



**you will
need:**



pita pocket



**6 grape
tomatoes**



hummus



**alfalfa
sprouts**

tools:



sink



shears



**cutting
board**



**butter
knife**



plate

steps

1



wash tomatoes



put tomatoes on board



cut tomatoes in half



tomatoes are cut

2



cut pita in half



open pita



get hummus and knife



put hummus on knife



spread hummus

3



put tomatoes in



get sprouts



put sprouts in



put pita on plate



enjoy!