

**Pitta chips and avocado dip**

*A lovely creamy dip with pitta chips that are a great alternative to crisps (serves 1 -2)*

![C:\Users\phenderson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6ZOFBJ1H\splat[1].png]()**What you need:**

**6 Skills:**

Cutting, tearing, brushing, mashing, measuring with spoons, mixing

**Equipment:**

Knife, chopping board, pastry brush, fork, bowl, measuring spoons

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| 1 | Ripe avocado |
| 1 tbsp | Low fat sour cream or crème fraiche |
| 2 pinches | Smoked paprika |
| 1 | Pitta bread |
| 2 tbsp | Olive oil |

![C:\Users\phenderson\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\6ZOFBJ1H\splat[1].png]()**What to do:**

* Ask a grown up to turn oven on to 170°c.
* Ask a grown up to cut the pitta bread into half length ways.
* Tear up the pitta bread or can use a cutter to make shapes.
* Brush with olive oil.
* Bake pitta chips for 5 minutes.
* Whilst cooking, mash up the avocado and add cream and paprika.
* Mix well and then it is ready to serve with the pitta chips.