

Hummus & Veggie Pita Sandwich



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Serves: 2
Ready In: 5 minutes

Ingredients

1/4 cup hummus

1 avocado, peeled, seeded,
and chopped

2 Tbsp canned, sliced black olives

1 wholewheat pita bread

1/2 cucumber, peeled and
chopped

1 small tomato, chopped

Directions

- 1 Cut pita bread in half, making two half circles.
- 2 Open one pita pocket half and spread 2 tablespoons of hummus inside.
- 3 Put avocado, cucumber, tomato, and olives inside pita pocket.
- 4 Repeat with the other pita pocket half. Enjoy with a friend!

Ramadan

Ramadan is the ninth month of the Islam Calendar, a Holy Month designed for prayer and fasting.



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**Evening of Sunday, March 10, 2024 to
Evening of Tuesday, April 09, 2024**

Ramadan doesn't occur at the same time every year because the holiday start and end dates are determined based on the shape of the crescent moon. This can vary by location as well.

Fasting takes place from dawn until dusk.



**9 ways to Support Your Muslim
Friends During Ramadan**
by Selima Jumarali

Suhoor

Suhoor is the name of the meal before sunrise and before the first prayer of the day. This meal often resembles breakfast, but in some cultures it may include more dinner-like foods.

Iftar

Iftar is the name of the meal following the fifth prayer for the day and signifies the breaking of the fast. Often celebrated with friends and family. Traditionally starts with dates and water.

Eid al-Fitr

Eid al-Fitr is a celebration at the end of Ramadan. A major holiday for Muslims, Eid al-Fitr is often celebrated with family and friends over the course of three days.