



Pita Chips

INGREDIENTS:

- 1 Pita Bread- whole wheat
Olive Oil- spray oil
Assorted spices to taste- garlic powder, paprika, parsley, salt

PREPARATION:

- Preheat oven to 400°.
- Cut pita bread in half (round way) then each round into eight chips.
- Place chips on baking sheet.
- Spritz with olive oil and sprinkle with spices.
- Toast in oven 5-10 minutes until golden brown.

Number of servings:	16 chips
Serving Size:	8 chips
Calories:	80
Fat Grams:	trace

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