



## PITA CHIPS

### INGREDIENTS:

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

### PREPERATION:

- 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.

<b>Number of servings:</b>	<b>16 chips</b>
<b>Serving Size:</b>	<b>8 chips</b>
<b>Calories:</b>	<b>80</b>
<b>Fat Grams:</b>	<b>trace</b>

