

Pita crisps

Serves 20

Ingredients

- 1 packet of wholemeal flat bread
- Spray olive oil
- 1 cup reduced fat grated cheese



Method

1. Preheat oven to 180C.
2. Cut flat bread into triangles and arrange in a single layer on a baking tray.
3. Lightly spray with olive oil and sprinkle with grated cheese.
4. Bake for 7-10 minutes or until golden and crisp.

NUTRITION INFORMATION		
Servings per recipe: 20		
Average serving size: 17g		
	Per serve	Per 100g
Kilojoules (kJ)	220	1313
Protein (g)	2.6	15.5
Total fat (g)	2.4	14.4
- Saturated fat (g)	1.1	6.6
Carbohydrates (g)	4.8	28.4
- Sugars (g)	0.3	1.9
Fibre (g)	0.7	3.9
Sodium (mg)	81	482