

Pita Crisps

Ingredients:

3 Thin 7-inch (18 cm) whole wheat pitas

Directions:

1. Separate pitas horizontally into two rounds each. Cut each round into 8 wedges. Place in a single layer on two baking sheets.
2. Bake in preheated oven for 8-10 minutes or until crisp and lightly toasted. Let cool.

Nutrition Tip:

Here's a low fat alternative to tortilla chips or snack crackers that's easy to make!

If you do choose to buy whole grain crackers, take note: When buying whole grain crackers, look at the Nutrition Facts table. Based on a suggested portion size of 1 ounce (30g) and approximately 100 calories, the cracker should have more than 15 grams of carbohydrate, should be low in total fat (less than 3 grams), saturated fat (less than 1 gram) and sodium (less than 140 mg) and should have 2 or more grams of fiber. To make sure you are buying crackers that are nutritious, look at the ingredient list: whole grain flours and seeds should be listed at the top.

Calories: 43	Fiber: 1 g	Fat: 0 g	Cholesterol: 0 mg
Carbohydrate: 9 g	Protein: 2 g	Saturated fat: 0 g	Sodium: 85 mg