

## C's Baked Pita Chips

Do not make more than you will need per meal.

They do not store/re heat well.

### Ingredients:

Whole Wheat Pita Pocket. *separated/quartered*

Olive or Canola Oil Cooking Spray

Garlic Salt

Ground Red Pepper -*go easy this makes it spicy!*

### Directions:

**-Pre Heat Broiler or oven to highest setting-**

**Step 1:** Prepare the amount of pita chips you are allowed as suggested above.

**Step 2:** Place the cut pita bread on an oven safe pan. Spray well with either cooking spray. Sprinkle on the two spices (amount is up to your taste).

**Step 3:** Heat in the pre heated oven with the oven door ajar for no more than 2 minutes, or until desired degree of doneness. Remove and serve immediately.

\*\*To figure out what a "wedge" looks like:

1. Cut the whole pita in half
2. Split each half apart (you should have 4 pieces pita)
3. Cut each split half into 3 wedges
4. One pita makes 12 wedges