



NUTRITION CONSULTING INC.

## Pita Chips

*Try these low-fat home-made pita chips with our hummus!*

### Makes 6 Servings

### What you need:

6 whole wheat pita breads  
½ cup grated parmesan cheese  
¼ tsp garlic powder  
Oil (in a sprayer)

### How you prepare:

1. With scissors, cut pita rounds into 6 triangles then separate the layers.
2. Arrange on a baking sheet and spray with oil.
3. Mix Parmesan cheese and garlic powder together and then sprinkle over pitas.  
Bake at 300F for 15 minutes or until crisp and golden.



### Per serving:

Calories 209  
Carbohydrates 35.6 g  
Protein 9.8 g  
Fat 4.2 g  
Dietary Fiber 4.7 g

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