

Low Fat Pita Crisps

These delicious low fat pita crisps can be made in a matter of minutes, and make the perfect accompaniment to the tzatziki and beetroot dip. Serve in addition to a variety of fresh, crunchy vegetables for an easy morning tea.



Serves 10 children



15 minutes

INGREDIENTS

Lebanese pita bread 6 large

Olive oil, spray

Paprika/lemon pepper seasoning

1 Tbs

DIRECTIONS

1. Preheat oven to 180°C. Spray each side of the Lebanese bread with olive oil spray.
2. Sprinkle spice on one side of the Lebanese pita bread.
3. Cut each pita bread into 8 even sized triangles.
4. Place a single layer on 2 lined baking trays.
5. Bake for 5-10 minutes or until bread is crisp.
6. Remove from oven and transfer to a wire rack to cool.
7. Serve with dips and vegetable sticks.

Allergy Information

Contains: Gluten, wheat

Childcare RDI Calculator:

Fat	<div></div>	40 %
Vegetables		0 %
Meat/Alt*		0 %
Cereals	<div></div>	135 %
Dairy		0 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services