

# Homemade Pita Chips

These are even better than store bought!

## Ingredients:

- 3 Pas 80 calorie wraps
- 1 1/2 teaspoons olive oil
- 1 teaspoon coarse ground sea salt

## Instructions:

1. Heat oven to 350° and spray a baking sheet with cooking spray or coat with oil.
2. Lay the wraps on a cutting board and place 1/2 teaspoon olive oil in the center of each. Spread the oil around all three wraps with a pastry brush so that the oil is evenly distributed. You can use olive oil cooking spray instead.
3. Stack the wraps and slice into 8 equal wedges, then sprinkle evenly with the salt.
4. Place wedges on the cookie sheet, salt side up, being careful not to cover other wedges.
5. Bake in the preheated oven for 5 minutes, then pull them out and check for doneness. They should be nice and firm with some possible browning around the edges.
6. Remove the chips that are fully baked and place the remaining back in the oven for an additional minute.

**Tip: Make these your own by adding other spices or seasoning like vinegar, black pepper, chili or cinnamon!**

***Makes 3 servings. Count each serving as a starch or a snack.  
These work great in salads!!***

