

# PITA CHIPS

Pita chips are a cheap, healthy and easy alternative for corn chips that you can make using various herbs and spices and use as a snack on their own or with a meal or dips.

## INGREDIENTS

1 Pack Pita Bread

Oil

Herbs & Spices

## METHOD

*(This will be easier to do if you leave the bread out of the bag for at least 1 hour to allow it dry out a bit, use a knife to separate the 2 halves)*

- Take 1 Pita bread and pull it apart so you have 2 halves
- Using a small amount of oil brush it onto 1 side of the bread  
*(use a basting brush or pour some oil onto kitchen paper and dab it onto the bread. Don't use too much oil, just enough for a light coating)*
- Sprinkle the bread with what ever herbs and spices.  
*(examples include—garlic, lemon pepper, Italian herbs, oregano, salt & pepper, cayenne pepper, paprika, cumin, chili power/flakes—depending on how hot or mild you prefer).*
- Cut the bread rounds into smaller sizes (such as triangles)
- Place onto a baking tray and put into the oven at 180 degrees for 10 minutes or until they start to harden.
- Take out of the oven and place on cooling racks, then serve.

*Store in an air-tight container or bag*