Snack, Mediterranean

Crunchy Garlic Whole Wheat Pita Wedges

Baked whole wheat pita turns into crisp, golden wedges with a savoury garlic powder dusting. A simple crunchy snack that keeps well in an airtight container.



Vegetarian

30 min	70	14 g	1 g
time	calories	carbs	sugars

Ingredients, 12 servings

- [ ] 2 tbsp garlic powder
- [ ] 1 spray, 0.25g nonstick vegetable oil cooking spray
- [ ] 6 whole wheat pita (6-inch)

Method

1. Heat the oven to 350 degrees F.
2. Slice each whole wheat pita into 8 equal wedges, then split every wedge into 2 pieces.
3. Mist both sides of the pieces lightly with the nonstick vegetable oil cooking spray and arrange them in a single layer on large rimmed baking sheets.
4. Scatter the garlic powder evenly over the coated pieces.
5. Bake for 15 minutes, or until the wedges turn golden and crisp.
6. Let the crisps cool, then serve right away or keep them in an airtight container until needed.

Nutrition Facts

Per serving

Calories	**70**
Total fat	0 g
Saturated fat	0 g
Sodium	100 mg
Total carbs	14 g
Fiber	0 g
Total sugars	1 g
Protein	3 g

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