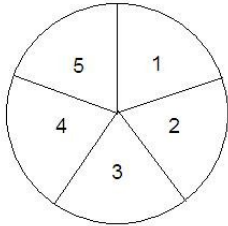


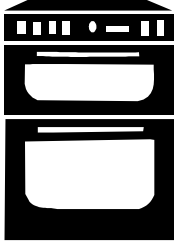
Pitta Crisps

Serves 4

Portions of fruit & vegetables per serving: 0



Oven needed



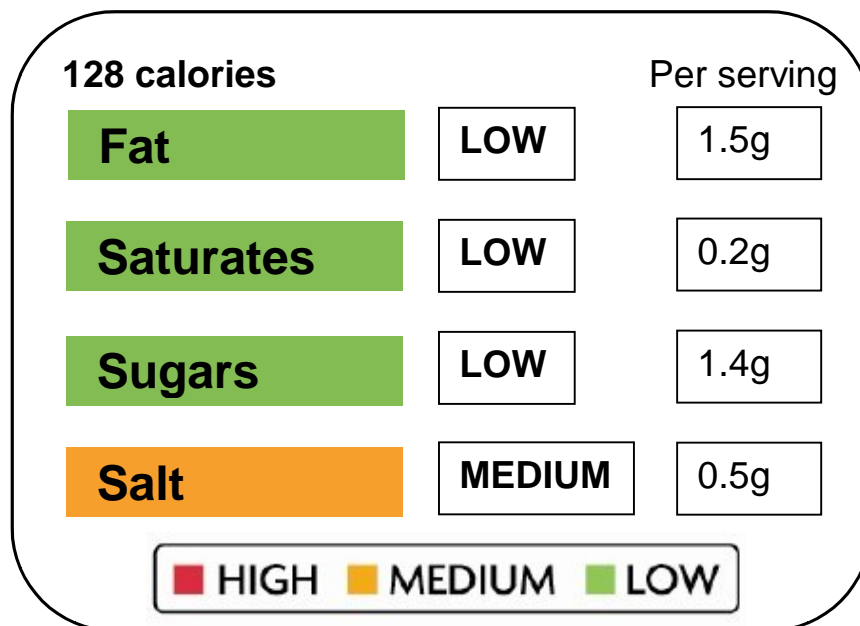
Ingredients	Amount	Preparation
pitta bread	2 medium	
vegetable oil	1 teaspoon	
lime	1 medium	remove zest with grater
chilli flakes	½ teaspoon	

Please Turn Over



Method

- 1 Pre-heat the oven to 180°C/gas mark 4 .
- 2 Tear the pitta bread into crisp-size pieces and brush with a little of the oil.
- 3 Sprinkle with the lime zest and chilli flakes.
- 4 Place on a baking tray and bake for 10 minutes until crisp.



Handy Hints

- These crisps can be served with dips and raw vegetables sticks to increase the portions of vegetables.
- A delicious lower-fat alternative to regular crisps.

