**Chip Chip Horray!**

If you love chips, but not the fat, our slimmed-down version is where it’s at! Great for snacking, dunking too. These guiltless chips are good for you!

Ingredients:

1 Tbsp olive oil or vegetable oil

1 egg white

4 6 inch whole wheat pitas

Mixed herb seasoning

Directions:

1. Preheat oven to 350 degrees
2. Whisk together olive oil and egg white in a small bowl. Set aside.
3. Using scissors, cut the pitas in half. Open up the pockets, ad cut each half into 2 half circles. Stack half circles 2 at a time, then cut into 3 wedges. You should end up with 12 “chips” from each whole pita.
4. Using a pastry brush, lightly brush the insdie of eah pita chip with olive oil mixture. Place chips on a baking sheet, oil side up, in a single layer. Sprinkle herb seasoning over each chip.
5. Bake for 15 minutes, or until golden brown and crispy. (If you bite into a chip and it’s chewy, that means you’re not done yet.)
6. Store chips in an airtight container or plastic bag.