

## PITA CHIPS



*Recipe developed by Chef Paige Vondran*

### DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, mix together the almond flour and egg white.
- Season with salt and pepper.
- Stir in one teaspoon of water to loosen the mixture.
- Line a baking sheet with parchment paper.
- Pour the batter onto the parchment paper as thin and even as possible.
- Bake in the preheated oven for 15-20 minutes until firm and golden.

### VARIATIONS

- This recipe contains protein only, ensure to serve the crackers with the required amount of fat and carbohydrate according to your child's personal meal plan.
- When adjusting this recipe, use

	Ingredients	Exchanges
Protein	13.8 gm Bob's Red Mill® almond flour -----	3 (-3.0 gm fat) -----
	12 gm egg white	0.7 (+0.7 gm fat)
Other	Salt & pepper	