



Pita Bread

Ingredients:

- 1 Diet Right Mashed Potato or soup packet
- ¼ tsp baking powder
- ¼ tsp Italian seasoning or other flavor seasoning
- ¼ tsp garlic powder
- 1/3 cup liquid egg whites (or 2 egg whites, whisked lightly)
- 1 tsp olive oil

Directions:

1. In a small bowl, mix all dry ingredients. Add liquid ingredients and stir to blend.
2. Heat a small frying pan over medium heat, spray with cooking spray.
3. For a bun or 2 slices--Add half batter and spread into a large pancake size with the back of a sprayed spoon and repeat.
4. To make one big wrap—Add all the batter and spread in pan.
5. Cook until browned, flip and cook the other side.
6. Enjoy!

Servings: makes 1 serving.

Each serving = 1 protein product, 1 tsp healthy fat, 1 oz. lean protein.

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