

Multigrain chips



TO PREP

0:10

TO COOK

0:05

MAKES

32 PIECES

Nutrition

Energy 33kj	Fat saturated 0.05g
Fat Total g	Carbohydrate sugars g
Carbohydrate Total g	Dietary Fibre g
Protein g	Cholesterol mg
Sodium 12.00mg	

All nutrition values are per serve.

You'll have the kids sorted for their first day back at school with these healthy multigrain chips.

Ingredients

- 2 multigrain wraps
- Olive oil cooking spray
- 1 1/2 teaspoons dried Italian herbs

Method

1. Preheat oven to 200°C/180°C fan-forced. Spray 1 side of each wrap with oil. Sprinkle each with herbs. Season with salt and pepper. Cut each wrap into 16 triangles. Place, in a single layer, on a baking tray
2. Bake for 4 to 5 minutes or until crisp. Transfer to a wire rack to cool. Serve with dips (see related recipes).