



Weight Loss Done Right!

Pita Bread

Ingredients:

- 1 Soup Mix, any flavor – must be creamy soup
- ¼ teaspoon baking powder
- ¼ teaspoon Italian seasoning
- ¼ teaspoon garlic powder
- 1/3 cup liquid egg whites (or 2 egg whites whisked lightly)
- 1 teaspoon olive oil
- Enough water to make a pancake-like batter

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 lightly with cooking spray.
3. Add batter and spread into large pancake size with the back of a sprayed spoon.
4. Cook until brown. Flip and cook the other side.

Tip: You can change out the seasonings, to taste, depending on your preferences.