

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:

- In a small bowl, mix all dry ingredients. Add liquid ingredients and stir to blend.
- Heat a small frying pan over medium heat, spray with cooking spray.
- 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.
- To make one big wrap—Add all the batter and spread in pan.
- Cook until browned, flip and cook the other side.

Servings:

One—Use it as a bun or pita wrap

Uses:

One Diet Right product, one teaspoon oil, 1 lean protein.