



Cinnamon Pita

Makes: 20+ child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
½ cup	melted margarine/butter or vegetable oil	125 mL
1 ½ tbsp	cinnamon, ground	25 mL
¼ cup	maple syrup or honey	60 mL
10	whole wheat pitas (7-inch/16.5 cm)	10

Instructions

1. Preheat oven to 350°F (180°C).
2. In a small bowl, combine melted butter/margarine or oil with cinnamon and maple syrup/honey.
3. Place pitas on a large work surface. Using a large knife or pizza roller, cut pitas into pie-shaped slices (8 slices per pita).
4. Toss pita slices with cinnamon mixture until evenly coated.

Alternately, brush pitas with oil, sprinkle with cinnamon and then cut pitas into pie shaped slices.

Transfer pitas onto 1-2 parchment-lined baking sheet(s). Bake until crispy and slightly golden (approx. 15 minutes). Toss pitas once during baking to ensure even cooking.

Nutrition Information

Serving ¼ pita (20 g)

Calories 70

Fat 3 g

Saturated 0 g

+ Trans 0 g

Sodium 120 mg

Carbohydrates 10 g

Fibre 1 g

Sugars 1 g

Protein 2 g

Calcium 0 mg

Iron 0.5 mg

Food Guide Servings

½ Grain Product