



Croutons

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
½ cup	vegetable oil, OR margarine or butter, melted	125 mL
10 slices	whole grain or 100% whole wheat bread or pita, thawed	10 slices
Optional:	herbs, fresh or dried parmesan cheese, grated	

Instructions

1. Preheat oven to 350°F (180°C).
2. Dice bread/pita into bite size pieces.
3. In a medium bowl, toss bread/pita with oil/margarine or butter, and any Optional ingredients.
4. Transfer seasoned bread to a parchment-lined baking sheet.
5. Bake for 10 – 15 minutes until golden and slightly crunchy.
6. Cool before serving.

Nutrition Information	
Serving 10 g	
Calories	40
Fat	2.5 g
	Saturated 1 g
	+ Trans 0 g
Sodium	35 mg
Carbohydrates	3 g
	Fibre 0 g
	Sugars 1 g
Protein	1 g
Calcium	0 mg
Iron	0.2 mg

Food Guide Servings
¼ Grain Product