

Air Fryer Pita Chips



TOTAL TIME
5 mins



COURSE
Appetizer, Sides, Snack



SERVINGS
8 servings

CALORIES
80 kcal

EQUIPMENT

- Air Fryer *(gotta use the air fryer!)*

INGREDIENTS

- 8 whole wheat or gluten free wraps of your choice *try Joseph's Flax Oat Bran & Whole Wheat Wraps*

INSTRUCTIONS

1. Set air fryer to 400F degrees.
2. Cut wraps into triangle chips.
3. Cook in batches (single layer of chips) at 400F for 2-3 minutes. That's all you need to make 'em crispy!

NUTRITION

Nutrition Facts	
Air Fryer Pita Chips	
Amount Per Serving	
Calories 80	
	% Daily Value*
Fiber 4g	17%
Protein 7g	14%
* Percent Daily Values are based on a 2000 calorie diet.	



Tried this recipe?

Let us know how it was!