

PITA BREAD WITH GUACAMOLE



Time
10 min



Servings
4

Calcium Recommended Daily Intake
7,8%

Calories

293

Calcium

106mg

Protein

7g

Vitamin D

0 IU

Ingredients

For the pita:

- 2 whole pita breads
- 2 - 3 tbsp of extra virgin olive oil
- Mixed herbs as desired
- Garlic powder as desired
- 1/4 cup of parmesan cheese
- Salt and pepper to taste

For the guacamole:

- 2 whole, diced avocados
- 2 - 3 tbsp of lime juice
- Garlic powder as desired
- Coriander as desired
- Salt and pepper to taste

Instructions

1. Preheat oven to 180C/160C fan -forced
2. Cut each pita bread into 8 triangles
3. Arrange pita triangles in a single layer, brush with olive oil and sprinkle with cheese, herbs, garlic powder, salt and pepper.
4. Bake until golden and crispy (approx. 7 minutes, turning halfway through).
5. While baking, add all guacamole ingredients to a medium size bowl and mash with a fork until desired consistency is reached. Transfer to a serving bowl.
6. Serve pita slightly warm with guacamole



Find more calcium rich recipes:
<https://www.osteoporosis.foundation/patients/recipes>