

# Pita Crisps with Olive Oil and Seeds

**Equipment** – scissors, measuring spoons, cup measures, pizza trays, frypan, wooden spoons, bowl, small round bowls, 4 small square bowls

## Ingredients

- 3 pieces pita bread
- ½ cup olive oil for brushing on the bread
- ½ cup olive oil for the 4 small round bowls
- 3 tablespoons sesame seeds
- 2 tablespoons sunflower seeds
- 2 tablespoons pepitas

## Method - *Recipe Reader to set oven at 160c*

### Bread

1. Cut the bread into single layers.
2. Paint them roughly with oil.
3. Cut the bread into pieces roughly 3 or 4 cm square.
4. Share them evenly over 4 small pizza trays.
5. Bake in the oven for approximately 5 minutes.
6. Take out and let the bread cool on the trays.

### Seeds

1. Measure the sunflower seeds and pepitas into a frypan.
2. Heat them until light brown. Stir regularly with a wooden spoon.
3. Transfer them to a mortar and pestle and crush.
4. Toast the sesame seeds until light brown.
5. Mix seeds together in a bowl and share between 4 smaller bowls.

**Divide the olive oil between four small bowls put them on 4 platters with the bread and seed bowls.**