

CINNAMON CHIPS WITH CREAMY RAISIN SPREAD

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 5 (Serving= 3 quarters with 3 teaspoons creamy spread)

Nutrition (per serving)

Calories: 175

Total Carbohydrate: 26

Total Fat: 2 g

Dietary Fiber: 2 g

Saturated Fat: 1 g

Protein: 5 g

Sodium: 223 mg

Ingredients

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- Non-stick cooking spray
- 4 whole wheat pitas

Spread

- ¼ cup 1/3 less fat cream cheese
- ½ Tablespoon Splenda® brown sugar blend

- 1 Tablespoon Splenda® brown sugar blend
- 1 teaspoon cinnamon

- ¼ teaspoon cinnamon
- 1 Tablespoon raisins

Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. Spray a baking sheet with non-stick cooking spray
3. Cut pitas into quarters. Place on baking sheet and lightly spray with non-stick cooking spray.
4. In a small bowl, combine 1 Tablespoon brown sugar and 1 teaspoon cinnamon, Mix well and sprinkle over pita quarters.
5. Bake for about 4 minutes, flip pita quarters and continue baking for another 3 minutes or until crisp.
6. In a small bowl, mix cream cheese, brown sugar, cinnamon and raisins. Spread dip onto pita quarters and serve.