



Homemade tortilla crisps

Serves 2

Prep time: 5 minutes

Cooking time: 3-4 minutes

Per portion

Calories: 98

Fat: 2.1g

Saturates: 0.8g

Carbs: 16.4g

of which sugars: 0.7g

Fibre: 1.2g

Protein: 2.7g

Salt: 0.31g

Ingredients:

- 2 plain mini wheat tortilla wraps, each once cut into 8 segments (16 triangles in total)
- Rapeseed Oil Spray

Instructions:

Heat a frying pan and add a couple of sprays of the rapeseed oil.

Add 4-5 triangles to the pan and cook for a minute or so on each side and set aside on a serving plate. Repeat the process with the remaining tortilla triangles.

Serve straight away

TIP: dust with a little cayenne pepper to spice them up!