



## Dr. Laleh's Low Carb Fennel & Herb Pitas

### Ingredients

### Amount

Pete & Gerry's organic egg whites (100% egg whites)	1 Carton
Quinoa Flour	1.5 TBS
Sweet Potato flour	1/4 C
Coriander seeds (crushed or ground)	1 teaspoon
Fennel seeds	1 teaspoon
Granulated Garlic	1 TBS
Baking Powder	1/2 tsp
Cream of Tartar	1 tsp
Celery salt	1/2 tsp
Paprika	1 tsp
Chili Powder	1 tsp
Dried Rosemary	1 tsp
Dried Tarragon	1 tsp
Walnut oil	Spray

### Preparation:

- Place egg whites, spices, flours & herbs all in a Magic Bullet blender. Blend until completely liquefied so that can be poured out of the blender.
- Preheat a pancake iron (Cuisinart) on medium heat.
- When the pancake iron is ready, lightly spray with walnut oil.
- Pour the batter into the pancake iron (mini pancake compartments) and shut.
- Check periodically; depending on the Waffle/pancake iron it takes about 15-20 minutes for the pitas to be fully cooked to a pita consistency.
- Once cooked, remove from heat and cool on a rack.
- Enjoy like pita, or burger bun.

# Nutrition Facts

Servings 10.0

Amount Per Serving

**calories** 45

**% Daily Value \***

**Total Fat** 0 g **0 %**

Saturated Fat 0 g **0 %**

Monounsaturated Fat 0g

Polyunsaturated Fat 0 g

Trans Fat 0 g

**Cholesterol** 0 mg **0 %**

**Sodium** 139 mg **6 %**

**Potassium** 64 mg **2 %**

**Total**

**Carbohydrate** 4 g **1 %**

**Dietary**

**Fiber** 1 g **3 %**

**Sugars** 1 g

**Protein** 6 g **11 %**

Vitamin A **28 %**

Vitamin C **1 %**

Calcium **2 %**

Iron **2 %**