

### Bagel Chips

4 Natural Ovens Bagels  
(*100% Whole Wheat\**, *Brainy\**,  
or *Everything Bagels\**)

non-stick cooking spray  
1 teaspoon oregano  
dash garlic powder

- Position oven racks to accommodate 2 baking sheets at a time in center of oven. Preheat oven to 350°.
- Use a sharp serrated knife to slice bagel vertically from top to bottom into very thin slices.
- Arrange bagel slices in a single layer on 2 ungreased non-stick baking sheets.
- Lightly spray bagel slices with cooking spray.
- Sprinkle spices on bagels.
- Bake until crisp, about 12 minutes.

Serves 8. *Store in airtight container for up to 1 week.*

*\*If these Natural Ovens products are not available in your store, contact customer service.*



*Recipe from Zonya Foco, RD, author of "Lickety-Split Meals"*