



# pita trees

Image source: Betty Crocker

## ingredients

- 4 whole wheat pita pocket breads (about 6" diameter)
- 16 thin pretzel sticks, halved
- ½ cup smashed avocados
- 2 tablespoons finely chopped cilantro
- ¼ cup finely chopped red bell pepper
- Dash of salt and pepper
- Optional: Add lime juice and fresh chopped garlic to amp up the guacamole!

## directions

- Cut pitas into eighths
- Form "tree trunk" by interesting pretzel halves into the bottom of each slice
- Mix the smashed avocado, spices, and cilantro in small bowl
- Spread approximately 1 teaspoon of mixture onto each pita
- Sprinkle red pepper onto each piece or arrange to form a garland
- Enjoy!