

## TOASTED PARSLEY CROUTONS

### *Ingredients:*

1 large whole wheat baguette, cut into small cubes  
1 cup parsley, chopped  
½ cup olive oil  
2 Tbsp garlic powder  
Salt  
Pepper

**Tip: any leftover bread will do for this recipe. Add any additional spices or herbs to the parsley mix to make your own flavoured croutons.**

### *Instructions:*

- Preheat the oven to 350 F.
- Mix parsley, olive oil, garlic powder, salt and pepper in a food processor.
- Pour the mixture over the baguette cubes. Make sure all the cubes are coated evenly.
- Bake in the oven for about 15 minutes, or until golden brown.
- Let it cool. Store the croutons in an air tight container.

Serves 8

### **Good to know**

Parsley is not only a nutritious herb, but it is also a natural breath freshener. It may also alleviate some symptoms of indigestion.

