



Fruity Flatbread / Sunny Start Flatbread

Description

A fun way to start the day! Crisp whole-grain sandwich thins, lightly crusted with cinnamon sugar and topped with vanilla yogurt and fresh fruit.

Ingredients

- Nonstick cooking spray
- 4 (1.5 oz.) whole grain sandwich thins, halved
- 1 tablespoon cinnamon
- 1 tablespoon sugar
- 1 cup yogurt, vanilla, low fat
- 2 cups fruit, fresh or canned (drained), sliced or diced as needed

Instructions

1. Heat oven to 375°F.
2. Mix cinnamon and sugar in a small bowl; set aside.
3. Lay out 8 sandwich thin halves on a cookie sheet and lightly coat each side with nonstick cooking spray. (See photo #1)
4. Sprinkle both sides of each piece with cinnamon sugar. (See photo #2)
5. Bake for 6 – 8 minutes or until lightly browned; remove from oven and cool completely.
6. Spread each piece with 1/8 cup yogurt. (See photo #3)
7. Top each piece with 1/4 cup fruit. (See photo #4)

For Sunny Start Flatbread

- Prepare as above, but mix 2 tablespoons peanut or sunflower butter into the yogurt. Top with sliced banana.



Makes 4 Servings
Prep Time: 10 min
Cook Time: 8 min

Nutrition For Fruity Flatbread

Calories: 220
 Total Fat: 4g
 Saturated Fat: 0.5g
 Cholesterol: Less than 5 mg
 Sodium: 210 mg
 Calcium: 10% Daily Value
 Protein: 8g
 Carbohydrates: 42 g
 Dietary Fiber: 6g

Photo #1



Photo #2



Photo #3



Photo #4

