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FlatOut Food

FUN!

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Berry-licious Breakfast Taco *by Jodie Fitz*

INGREDIENTS

1 cup mixed berries,
frozen

1 Traditional FlatOut®
Flatbread

1 ½ teaspoons tapioca,
uncooked

1/2 teaspoon cinnamon

2 tablespoons
whipped
cream cheese

1 tablespoon
honey

Non-stick
cooking spray



DIRECTIONS

Pre-heat the oven to 375 degrees.

Stir the frozen berries, tapioca and cinnamon together.

Stir the cream cheese and honey together.

Spread a thin layer of the cream cheese and honey mixture onto half of the flatbread. Add the berry mixture on top of the cream cheese spread.

Fold the flatbread in half. Place it onto a non-stick baking sheet coated with the non-stick cooking spray. Bake for 15 - 20 minutes.

Serve with a yogurt glaze.

Yogurt Glaze:

3 oz. low-fat vanilla yogurt
1 tablespoon low-fat milk

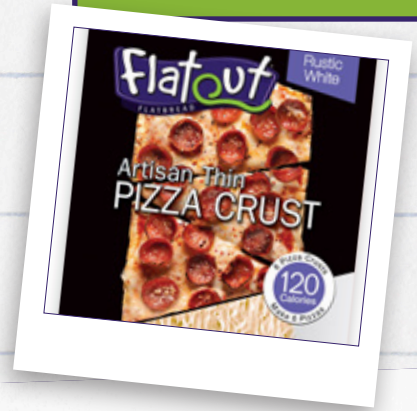
1 tablespoon honey

Stir the yogurt, honey and milk together. Drizzle the yogurt glaze over the

Berry-licious filled flatbread & serve warm.

Bake a FlatOut Breakfast Pizza

by Jodie Fitz



INGREDIENTS

FlatOut® Traditional Artisan Pizza Crust	4 large eggs
1 cup baby leaf spinach, finely chopped	4 oz. shredded sharp cheese
½ cup cooked ham, diced	1 tablespoon olive oil
	Black pepper

Cooking the Eggs by Microwave:

Whip the eggs together. Place them in a butter coated glass dish and microwave on high for one minute. Remove the dish with an oven mitt and stir. Continue to cook the eggs at one-minute intervals, stirring in between, until the eggs are fully cooked.

DIRECTIONS

Pre-heat the oven to 375 degrees.

Cook the eggs in a scrambled fashion over medium heat in a pan coated with non-stick cooking spray.

Stir the chopped spinach and olive oil together. Baste the pizza crust with the spinach and oil. Evenly spread the cooked eggs and ham over the top of the crust. Add black pepper to taste. Top the pizza with the cheese. Bake the pizza for 20 – 25 minutes; until the dough is crispy and the cheese is fully melted.

On the Run:

Prep the pizza the night before and bake it fresh in the morning or bake the entire pizza the night before, slice and heat in the morning.



Strawberry Roll-up *by Jodie Fitz*

INGREDIENTS

- 1 FlatOut® Pinwheel Lavash Bread
- ¼ cup whipped cream cheese
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- Fresh Strawberries



DIRECTIONS

- Mix the cream cheese, honey & vanilla together.
- Spread the mixture onto the FlatOut® Lavash Bread.
- Wash the strawberries & remove the greens.
- Slice them into thin slices.
- Evenly lay the strawberry slices on top of the cream cheese mixture. Carefully roll the lavash bread & slice to serve.

On the Run:

Make this recipe the night before. Wrap it in plastic wrap. Pull it out in the morning for a quick slice & serve.



Breakfast Sandwich

by Jodie Fitz



INGREDIENTS

- | | |
|---|----------------------------|
| 2 oz. – 3 oz. sharp cheese, finely shredded | Taco sauce, mild or medium |
| 2 - 3 tablespoons salsa, mild or medium | Non-stick cooking spray |
| 1 FlatOut® Fold-it® | Butter, room temperature |
| 1 large egg | |

DIRECTIONS

Coat a small frying pan with the non-sticking cooking spray & cook an egg over hard or over easy.

On one side of the Fold-it® sprinkle half of the shredded cheese. Add the cooked egg. Add the salsa. Add the remaining cheese. Close the Fold-it® bread.

Spread a light layer of butter on one side of the sandwich.

Place the buttered side of the sandwich into a small frying pan & cook the breakfast sandwich over medium to low heat until that side is golden brown and the cheese on that side is melted. Carefully butter the other side of the sandwich and flip the sandwich to cook like a grilled cheese.

Remove & serve.

Added Fun!

Fill a cake decorating utensil or a small bottle that's actually used for melting & writing with chocolate with taco sauce. Draw lines for a baseball on top before serving.



Swap Peanut Butter & Jelly with...

Peanutty Apple FlatOut Wraps *by Jodie Fitz*

INGREDIENTS

- ¼ cup peanut butter
- 1 tablespoon honey
- ½ teaspoon cinnamon
- 10 thin apple slices
(approximately ½ an apple)
- 1 FlatOut® Honey Wheat or
Healthy Grain Flatbread



DIRECTIONS

Wash, peel & core the apple.

Stir the peanut butter, honey & cinnamon together.

Spread the peanut butter mixture onto the flatbread, add the apples & roll it or fold it like a burrito.



Peanut Allergies:

Replace the peanut butter spread with the following mixture;
1 tablespoon of whipped cream cheese,
1 tablespoon vanilla low fat yogurt,
1 teaspoon honey and
1/8 teaspoon vanilla extract.

Have Extra Apple Slices?

Place them in a Ziploc sandwich sized bag, add a sprinkle of cinnamon, seal the bag & shake until the apples are coated. Save for a snack later.

Fishing for a Little Lunch Fun



by Jodie Fitz



INGREDIENTS

- 1 FlatOut® Sun-dried Tomato Flatbread
- 2 oz. Tomato Basil Cheddar Cheese, shredded
- 1 Olive
- 1 pretzel rod
- 1 pretzel stick
- 1 pretzel twist
- Grapes



DIRECTIONS

Fold the sun-dried Tomato FlatOut® Flatbread in half. Using clean kitchen scissors, cut out the shape of a fish keeping the folded edge intact.

Note:

You can cut out a template of fish if needed on waxed paper first.

Open the FlatOut® Flatbread that is in the shape of a fish and evenly distribute the shredded cheese on one side of the opened wrap and then close it. Cook the cheese FlatOut® Flatbread filled wrap on both sides like you are cooking a quesadilla or grilled cheese on a griddle style pan that has been coated with a light layer of butter over medium to low heat. Cook it until both sides are a light golden brown & the cheese is fully melted.

Place the FlatOut® Flatbread on to a large plate. Add a sliced olive as the eye. Cut the grapes in half and add them to plate, flat side down, to serve as fish bubbles. Lay the pretzel rod as the fishing pole, lay the thin pretzel stick as the fishing string & break a pretzel twist in half to serve as the fishing hook.



Grilled Egg & Cheese Sandwich



by Jodie Fitz

INGREDIENTS

- 1 Traditional FlatOut® Fold-it®
- 1 hard-boiled egg
- 3 tablespoons sharp cheese, finely shredded
- 1/8 teaspoon dry mustard
- 1/8 teaspoon paprika
- Black pepper
- Butter



Hard Boiled Eggs:

Place uncooked eggs in a pan. Cover them with cold water. Bring the water to a boil, cover & boil for 5 minutes. Turn off the stove top and let the eggs sit in the hot water for 7 minutes. Run the eggs under cold water.

DIRECTIONS

Peel the hard-boiled egg and slice.

Stir the dry mustard, paprika, a pinch of black pepper and the shredded cheese together.

Lay the egg slices on one side of the FlatOut® Fold-it®.

Top the egg with the seasoned shredded cheese and fold the Fold-it® in half to create a sandwich.

Toast the sandwich in a grilled cheese fashion on a frying pan with a very thin coating of butter. Cook the sandwich over low heat on one side until it's toasted, flip and cook the other side.



Sandwich Roll Up

by Jodie Fitz



INGREDIENTS

- 1 Garden Spinach FlatOut® Flatbread
- 2 oz. cream cheese, room temperature
- ¼ teaspoon dry ranch dressing
- 2 oz. Colby Jack cheese, finely shredded
- ¼ cup bell peppers, finely diced (yellow, orange or red)
- 3 Baby carrots

DIRECTIONS

Chop the baby carrots in mini chopper/food processor. Stir the baby carrots, cream cheese, ranch dressing, Colby Jack Cheese and bell pepper together.

Spread the mixture onto a FlatOut® bread. Roll the bread and slice to serve.

Optional:

Add in baby leaf spinach as a lettuce for added nutritional benefits.



Chicken Parmesan Burgers *by Jodie Fitz*



INGREDIENTS

FlatOut® Fold-its®

1-pound ground chicken

¼ cup Parmesan cheese, finely grated

1 tablespoon Italian spice

1 teaspoon onion powder

¾ teaspoon sea salt

¾ teaspoon garlic powder

Fresh Mozzarella

Marinara Sauce



Recipe makes
4 burgers

DIRECTIONS

Add the Parmesan cheese, Italian spice, onion powder, sea salt & garlic powder to the uncooked ground chicken. Mix the spices into the ground chicken until they are evenly distributed.

Create burger patties. Grill the patties on a grill or inside on a grill pan. Cook the burgers until they are thoroughly cooked.

(165 degrees if testing with a meat thermometer)

Top the burgers with your favorite sauce and a slice of mozzarella. Melt the mozzarella on top before serving. Add the burger to the Fold-it® & enjoy!



Monster Pizza Fun

by Jodie Fitz



INGREDIENTS

FlatOut® Artisan
Pizza Crusts

Bell peppers,
sliced & diced

Olives, sliced

Mini pepperoni, turkey

Light Olive Oil

Pesto Sauce

Tomato sauce

Shredded mozzarella
cheese

*Add your family's
other favorite
veggies like grape
tomatoes, onions,
broccoli, etc.*

DIRECTIONS

Create an assembly line of sauces and toppings.

Place your FlatOut® Pizza crusts on a baking sheet that's been coated with non-stick cooking spray.

Add your favorite sauce to the crust, add a layer of shredded cheese & use the toppings to create your own personal pan monsters.

Bake your personal pan monsters at 400 degrees for 15 to 20 minutes.

Let the monsters cool slightly and then enjoy your delicious creations.



Teriyaki Chicken Wraps

by Jodie Fitz



INGREDIENTS

Traditional FlatOut® Flatbread	½ cup Vidalia onion, finely chopped
2 ½ pounds chicken breast, skinless cut into thin strips	1 tablespoon fresh ginger, minced
10 oz. low sodium teriyaki marinade and sauce (Kikkoman brand)	1 teaspoon onion powder
6 oz. pineapple juice	½ teaspoon garlic powder
1 large clove of garlic	½ teaspoon white pepper

Time Saver TIP

Freeze the chicken in the marinade & let it thaw in the marinade for extra flavor for a quick pull out of the freezer during busy weekdays.

DIRECTIONS

Place the chicken into a gallon sized Ziploc® freezer bag.

Mix the teriyaki, pineapple juice, Vidalia onion, fresh ginger, crushed fresh garlic, onion powder, garlic powder and white pepper together. Pour the marinade over the chicken & seal the bag. Let it set for at least three hours before cooking. Grill or broil the chicken.

Create a wrap using the traditional FlatOut® Flatbreads with the chicken, mayo, romaine and fresh tomatoes.



Taco Surprise

by Jodie Fitz



INGREDIENTS

- | | |
|------------------------------|---------------------------|
| FlatOut® Fold-its® | 1 tablespoon cumin |
| 1 pound ground turkey | 1 ½ teaspoon chili powder |
| 2 cups fresh spinach | ¾ teaspoon salt |
| 1 pint grape tomatoes | ½ teaspoon white pepper |
| ½ cup onions, finely chopped | |
| 1 clove garlic | |

DIRECTIONS

Cook the ground turkey in a frying pan; draining off any excess juices. Add the onions and a clove of fresh garlic to the meat & cook until tender, stirring frequently.

Finely chop the spinach in a food processor. Puree the tomatoes in a food processor.

Add the spinach, pureed tomatoes & spices to the meat mixture. Stir & cook until the spices & other ingredients are evenly distributed & the mixture is hot.

Cut the Fold-its® in half & use each half like a soft shell taco. Fill the center with meat & add your favorite toppings.

Enjoy a dinner with added fresh vegetables the kids will never be able to taste!

Grab your Taco Topping Favorites:

shredded sharp cheese, romaine lettuce, tomatoes, sour cream, taco sauce, black beans, corn, etc.



Flatbread Chips & Guacamole

by Jodie Fitz

INGREDIENTS

Traditional FlatOut® Flatbread	1 clove garlic
2 avocados	1/2 teaspoon sea salt
2 tablespoons cilantro, fresh	1/2 teaspoon pepper
2 tablespoons finely chopped sweet onion	1/2 teaspoon onion powder
1 tablespoon lime juice	



DIRECTIONS

Place the flatbread(s) on a cutting board and cut them into chip size with a pizza cutter.

Preheat the oven to 400 degrees.

Place the chip pieces on a nonstick baking sheet coated with non-stick cooking spray. Baste the chips with a light layer of canola oil. Season the chips with onion powder, garlic powder & sea salt.

Bake the chips for 7-10 minutes; until toasted.

Cut the avocado lengthwise. Remove the seed and remove the fruit from the rind; place it in a bowl. Add the onion, crushed clove of garlic, cilantro, lime juice, salt, pepper & onion powder. Mash the ingredients together with an avocado tool or by cutting it together with two forks by hand.

Serve the guacamole with the FlatOut® Flatbread chips



Fruit Heads

by Jodie Fitz



INGREDIENTS

- 1 FlatOut® Fold-it®
- 4 raisins
- 2 apple wedges
- 1 strawberry, sliced
- 2 tablespoons peanut butter
- 1 tablespoon honey
- 1/8 teaspoon cinnamon

DIRECTIONS

- Mix the peanut butter, honey & cinnamon together to use as a spread.
- Cut the FlatOut® Fold-it® in half to create two separate rounds.
- Spread the peanut butter mixture on to each round.
- Lay a piece of strawberry towards the edge of one side of each round to create a tongue.
- Add an apple wedge to each round with the skin facing outwards to create a smile.
- Fold the round in half and crease so that it stays closed.
- Add a dot of the peanut butter spread to the top of each round in two places to create a 'food glue' for edible eyes. Add raisins to the spread dots and serve.

Peanut Allergies:

Use 2 tablespoons of cream cheese with 1 tablespoon of honey instead of the peanut butter.



Honey Wheat Flatbread Chips & Strawberries

by Jodie Fitz

INGREDIENTS

- Honey Wheat FlatOut® Flatbread
- Fresh Strawberries
- 1 cup mini dark chocolate morsels
- 2 tablespoons sugar
- 1 tablespoon cinnamon



DIRECTIONS

Stir the cinnamon & sugar together.

Place the flatbread(s) on a cutting board and cut them into chip size with a pizza cutter.

Preheat the oven to 400 degrees.

Place the chip pieces on a non-stick baking sheet coated with non-stick cooking spray. Baste the chips with a light layer of canola oil. Season the chips with the cinnamon & sugar mixture.

Bake the chips for 7-10 minutes; until toasted. Let them cool.

Rinse the strawberries, remove the greens & cut them in half.

Place one half strawberry on top of each cinnamon chip.

Melt the Chocolate:

Melt chocolate in a glass bowl in the microwave for 1 minute.

Stir to finish melting the chocolate morsels.

Drizzle the melted chocolate over each strawberry covered chip.

Let the chocolate set & serve.



Pinwheels

by Jodie Fitz



INGREDIENTS

- 1 FlatOut® Fold-it®
- 1 golden delicious apple
- 1 tablespoon honey
- ½ cup Monterey Jack cheese, shredded
- ½ teaspoon cinnamon

DIRECTIONS

Preheat the oven to 400 degrees.

Cut the Fold-it® in half to create two rounds. Place the rounds on a non-stick baking sheet coated with non-stick cooking spray.

Spread a light layer of honey on each round.

Stir the shredded cheese and cinnamon together. Top each round with the cheese mixture.

Wash & slice the apple into thin slices. Top each round with five slices to create a pinwheel. Add a sprinkle of cinnamon to the top of the apples.

Bake for approximately 7 minutes, until the bread is toasted, the cheese is melted and the apples are slightly softened.

Have Extra Apple Slices?

Place them in a Ziploc sandwich sized bag, add a sprinkle of cinnamon, seal the bag & shake until the apples are coated. Save for a snack later.

Jodie Fitz



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Mom of 3, kids cooking expert & recipe creator



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Thanks for joining us for



Food **FUN!**

