



# Fruity Flatbread — Sunny Start Flatbread



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# Fruity Flatbread/Sunny Start Flatbread—Quick Scratch Preparation

Meal Pattern Crediting (1 serving): .5 Dairy M/MA, 1.5 Grain, ½ cup Fruit



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Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole grain sandwich thins	36 oz.	1 slice per serving, split	72 oz.	1 slice per serving, split	1. Separate sandwich thins into halves; coat both sides with pan-release spray and place on a sheet pan. (See photo #1)
Pan-release spray	48 g.	to coat pan	96 g.	to coat pan	
Cinnamon sugar	5.4 oz.	1 cup	10.8 oz.	2 cups	2. Sprinkle with cinnamon sugar (50% sugar/50% cinnamon) on both sides. (See photo #2) 3. Bake at 375°F for 8 minutes in a conventional oven (or at 350°F for 3 – 5 minutes in a convection oven), or until crust is golden brown; remove from oven and cool completely.
Regular yogurt, vanilla, low fat	48 oz.	6 cups	96 oz.	12 cups	4. Spread flatbread evenly with yogurt. (See photo #3)
Fruit, fresh or canned, drained	96 oz.	12 cups	192 oz.	24 cups	5. Top with fruit. Two rounds per serving. (See photo #4)

Comments
Test hold time before serving. Maximum hold time typically 25 – 60 minutes.
Can substitute raisins or cranberries for fresh fruit, at half the volume.
Greek yogurt can be substituted for regular yogurt.
For nutrition analysis, we used Brownberry® Premium Breads Whole Wheat Sandwich Thins®. Other brands of round sandwich thins such as The Father's Table® Ultra Loco Flatbread, or Pepperidge Farm® Goldfish Flatbread may also be used for this recipe.
For Sunny Start Flatbread, (for 24 servings) mix 1 1/2 cups peanut or sunflower butter into the yogurt. Top with sliced banana.

Fruity Flatbread			
Nutrients Per Serving—Analyzed using NutriKids software			
Calories	263	Saturated Fat	0.74 g
		Iron	1.66 mg
Protein	8.56 g	Cholesterol	2.83 mg
		Calcium	178.48 mg
Carbohydrate	54.33 g	Vitamin A	145.45 IU
		Sodium	208.11 mg
Total Fat	4.13 g	Vitamin C	5.09 mg
		Dietary Fiber	7.35 g

# Fruity Flatbread/Sunny Start Flatbread—Quick Scratch Preparation

Photo #1



Photo #2



Photo #3



Photo #4

