

Recipes serves: 4 people



## Ingredients-

### Flatbread-

- ♥ 1 cup **Quinoa Flour**
- ♥ 1 cup water
- ♥ ½ teaspoon garlic powder
- ♥ ½ teaspoon baking powder
- ♥ 1 Tablespoon fresh rosemary
- ♥ 1 Tablespoon **Olive oil**

### Toppings-

- ♥ 1 Tablespoon Olive Oil
- ♥ 2 cloves of garlic, minced
- ♥ 1 cup shredded mozzarella cheese
- ♥ 1 yellow pepper, chopped
- ♥ ½ cup spinach, chopped
- ♥ 1 teaspoon **Crushed Habanero**
- ♥ 2 cup cooked chicken breast, shredded

## PREPARATION:

1. Preheat oven to 400° F. Spray cooking sheet with cooking spray.
2. In large bowl mix quinoa flour, water, garlic powder, baking powder, rosemary, and olive oil.
3. Spread dough evenly onto sprayed pan, ¼ inch thick.
4. Bake 20 minutes.
5. Remove from heat.
6. Spread olive oil and garlic over the dough.
7. Top with cheese, pepper, spinach, and cooked chicken.
8. Cook for an additional 15 minutes until the cheese is melted and crust is golden brown.

## Nutrition Facts

Serving Size: 1 serving (209.5g)  
Servings: 1

Amount Per Serving			
Calories	340	Calories from Fat	150
		% Daily Value*	
<b>Total Fat</b>	17g		26%
Saturated Fat	4.5g		24%
Trans Fat	0g		
<b>Cholesterol</b>	50mg		16%
<b>Sodium</b>	400mg		17%
<b>Total Carbohydrate</b>	25g		8%
Dietary Fiber	4g		18%
Sugars	0g		
<b>Protein</b>	24g		

Vitamin A 8% • Vitamin C 70%  
Calcium 2% • Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g