

Fruity Flatbread



4 (1.5 oz.) whole grain sandwich thins,
halved
1 Tablespoon ground cinnamon
1 Tablespoon sugar

1 cup lowfat vanilla yogurt
2 cups sliced fruit, fresh or canned
(drained)

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

Yield: 4 servings

Nutrition Facts (per serving): 220 calories, 4 grams fat, 210 milligrams sodium, 42 grams carbohydrate, 6 grams fiber, 8 grams protein