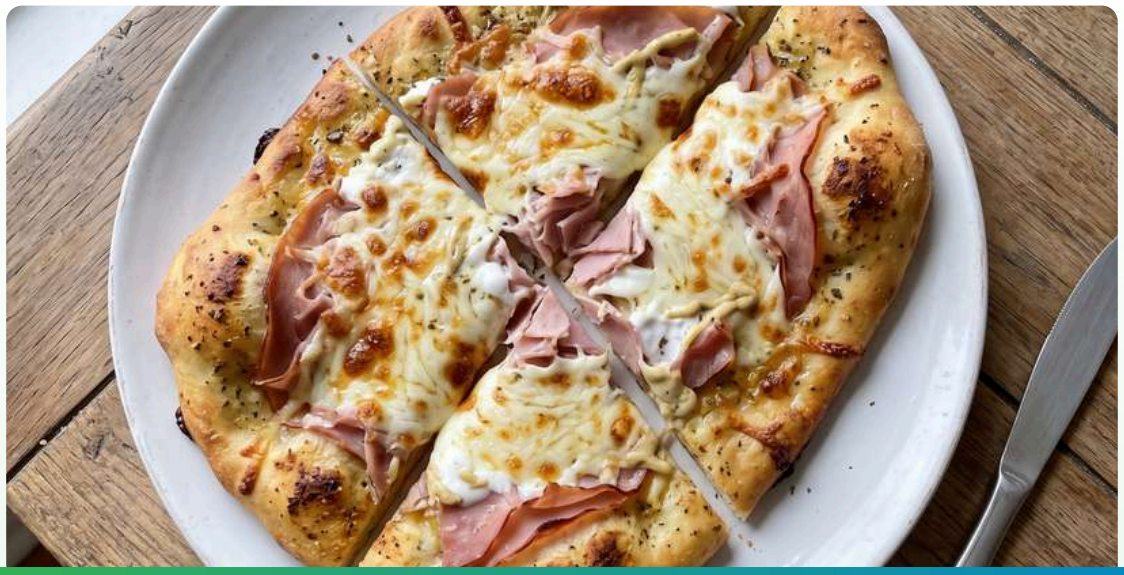


HAM & CHEESE PROTEIN FLATBREAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Plain Greek Yogurt	1 Cup	Thin-Sliced Lean Deli Ham	4 Oz.
Self-Rising Flour	1 Cup	Shredded Part-Skim Mozzarella	½ Cup
Garlic Powder	¼ Tsp.		
Italian Seasoning	¼ Tsp.	Dijon Mustard	1 Tsp.
Pinch of Salt		Plain Greek Yogurt, for spreading	1 Tbsp.

SERVING SIZE **HALF OF FLATBREAD**

PREPARATION

- Preheat oven to 425°F.
- In a bowl, combine 1 cup Greek yogurt, self-rising flour, garlic powder, Italian seasoning, and salt.
- Stir until a soft dough forms. If sticky, add a small amount of flour.
- Place dough on a parchment-lined baking sheet and press into a thin rectangular or oval flatbread.
- Bake for 8–10 minutes.
- Remove from the oven and spread the Dijon and 1 tbsp Greek yogurt over the surface.
- Arrange ham evenly over the flatbread and sprinkle with mozzarella.
- Return to the oven and bake for another 7–9 minutes, until the cheese is melted and the edges are golden.

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