



## Flatout Tarantulas



1/2 of flatbread: 116 calories, 4.5g total fat (1.5g sat fat), 424mg sodium, 13.5g carbs, 5g fiber, <0.5g sugars, 8g protein

**Green Plan [SmartPoints](#)® value 3\***

**Prep:** 5 minutes    **Cook:** 15 minutes



Tagged: [Lunch & Dinner Recipes](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

### Ingredients

- 1 [Flatout Hungry Girl Exclusive 100% Whole Wheat with Flax Foldit Flatbread](#)
- 1/4 cup refried beans
- 3 tbsp. shredded reduced-fat Mexican-blend cheese
- 3 large pitted black olives

### Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Bake flatbread until hot and lightly browned, 8 - 10 minutes.

Spread with beans, and sprinkle with cheese. Bake until hot, about 2 minutes.

Slice one olive in half lengthwise. Place one piece in the center of each flatbread half, cut side down.

Cut each of the remaining 2 olives widthwise into 4 slices, for a total of 8 slices.

Use 2 of the end slices to form a "head" above each of the olive halves on the flatbread. Cut remaining slices into half-moon shapes, and arrange to form 12 "legs."

Cut into 2 pieces.

**MAKES 2 SERVINGS**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.