



Flatout Tarantuladas



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

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



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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

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