

# South Beach Diet Friendly Flatbread Pizza

Yield: 2 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/flatbread-pizza-recipe-greek-yogurt>

## Ingredients:

- 1 piece Flatout Flatbread Multi-Grain
- 1 teaspoon olive oil
- 2 tablespoons pizza sauce Muir Glen, or use any low-sugar sauce
- 1/2 cup pizza cheese low-fat grated, I used a blend of Part-Skim Mozzarella, Provolone, Romano, and Parmesan cheese
- 15 pieces turkey pepperoni or use Canadian bacon or turkey Italian Sausage, precooked
- 4 ounces sliced mushrooms sauteed, or use other veggies of your choice