



## Microwave Breakfast Flatbread Pizza

### Ingredients

1 egg, beaten

1 Tbsp. milk

2 Tbsp. fully cooked sausage crumbles or 1 fully cooked breakfast sausage link or patty, chopped

1 round flatbread (6 inches in diameter)

2 Tbsp. finely shredded Cheddar cheese

1 slice whole grain flatbread (0.5 oz.)

1. Beat egg and milk in 2 cup cereal bowl until blended, add sausage
2. Microwave on HIGH 30 seconds, push cooked edges toward center. Microwave until egg is almost set, about 15-45 seconds longer.
3. Cut egg into 4 or 5 pieces, arrange on flatbread. Top with cheese, microwave an additional 10-15 seconds to melt cheese, serve immediately.
4. You can also add you favorite veggies to the egg mixture prior to putting bowl into microwave.

Do not overcook. Eggs will continue to cook and firm up after removed from the microwave.

Microwave ovens vary. Cook time may need to be adjusted.

Yield: 1 serving

Serving Size: Each serving provides a grains bread at breakfast for children 3-5 years.