

This easy, nutrition-packed breakfast flatbread recipe features protein, fruits, vegetables — and of course, grains.

Ingredients

- One slice flatbread
- 1/2 cup canned nonfat refried beans
- 2 large eggs or 2/3 cup egg substitute, scrambled
- 1/2 medium tomato
- 3-4 avocado slices

Not only is it delicious and nutritious, but it offers limitless options for simple swaps to satisfy yourself and your family:

- Rather than flatbread, layer ingredients onto a bagel, toast or wrap.
- Swap the tomatoes for your favorite salsa.
- Substitute the beans and avocado for spinach and cheese.
- Not a fan of refried beans? Black beans also provide a protein punch.

To learn more about grain foods' role in a healthful diet and see more recipes, visit [GrainFacts.com](https://www.grainfacts.com).