



## December Newsletter

### Alfredo Chicken Flatbreads

**Macros:**

**Makes 1 serving**

**Macros per serving: 438 cals / 38 P / 35 C / 17 F**



#### INGREDIENTS

- 2 Cassava Flour Siete Tortillas
- 1 cup spinach leaves
- 50 grams roasted carrots
- ¼ cup shredded mozzarella cheese
- 3 oz shredded cooked chicken breast
- ¼ cup Alfredo Sauce by Primal Kitchen

#### DIRECTIONS

1. Preheat the oven to 375 degrees and line a baking sheet with parchment paper.
2. Add the tortillas to the baking sheet and split the alfredo sauce between them.
3. Top with the spinach leaves, carrots, chicken and cheese.
4. Bake for about 8-10 minutes and enjoy!