

Mickey's Celebration Flatbread

..... **Prep Time:** 1 hr 15 min • **Cook Time:** 15-20 min • **Servings:** 6

What You'll Need:

- 10 oz whole wheat pizza dough
- 1 tbsp flour, for dusting
- Toppings: 1/2 cup low fat Monterey Jack cheese, shredded
- 2 figs, sliced
- 2 tbsp golden raisins
- 1/4 cup black raisins
- 1 tbsp parsley, chopped
- Hummus: 14 ounces garbanzo beans, drained and rinsed
- 1 1/2 tbsp tahini
- 1/4 tsp pepper
- 1/4 tsp salt
- 2 tbsp lemon juice
- zest from 1 lemon
- 2 tbsp olive oil

How to Make It:

1. Preheat your oven to 400° F.
2. On a cutting board dusted with flour, cut dough into 3 pieces and stretch out into circles. Two circles should be slightly smaller than the other one.
3. Place the dough on a baking sheet and connect the 3 so they make the shape of Mickey Mouse ears.
4. Bake in your preheated oven for 8-12 minutes, or until crispy and light brown. Remove the flatbreads and allow to cool.
5. For the hummus: in a food processor add garbanzo beans, tahini, lemon juice, lemon zest, olive oil, salt and pepper. Process until smooth and creamy. If it's a little thick, add some water.
6. On the prebaked flatbread, spread hummus evenly. Place the black raisins around the outside edges and fill the interior with sliced figs and golden raisins.
7. Top with cheese and place back in oven for 3-5 minutes or until cheese is melted. Remove, garnish with parsley and enjoy!



Alternative Options:

- Figs and raisins can be replaced with cherry tomatoes, olives and spinach.
- If you have remaining hummus, visit DisneyOnIce.com/HealthyLiving to use it on another fun recipe – Under the Sea Coral Cups.

For more fun recipes, visit DisneyOnIce.com/HealthyLiving

