



Sweet Potato, Pear, and Blueberry Flatbreads

A smear of mashed sweet potato gives a sweet-and-savory base for a flatbread that's perfect to start the day or enjoy as a snack. Our simple [Homemade Oil-Free Pizza Dough](#) makes for a light, healthy crust.

By Shelli McConnell

Makes 4 flatbreads
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

Cornmeal, for dusting

1 recipe [Homemade Oil-Free Pizza Dough](#)

1 cup cubed peeled sweet potato

Sea salt and freshly ground black pepper, to taste

1 fresh pear, quartered and cored

¾ cup fresh blueberries

2 tablespoons chopped toasted walnuts

4 teaspoons pure maple syrup

Ground cinnamon

- 1 Preheat oven to 400°F. Lightly sprinkle a large baking sheet with cornmeal.
- 2 Divide dough into four portions. On a lightly floured surface, roll portions into 7- to 8-inch circles or 10×5-inch ovals. Transfer flatbreads to prepared pan. Bake 10 to 13 minutes or until lightly browned and set (flatbreads may puff). Let cool.
- 3 In a small saucepan combine sweet potato and enough water to cover. Bring to boiling; reduce heat. Cover and simmer about 10 minutes or until tender. Drain and return to saucepan. Mash with a fork. Season with salt and pepper.
- 4 Meanwhile, heat a grill pan over medium-high. Cook pear quarters about 3 minutes per cut side or until tender and light grill marks appear. Thinly slice quarters lengthwise.
- 5 Spread sweet potato on flatbreads. Top with pear slices, blueberries, and walnuts. Drizzle with maple syrup and sprinkle with cinnamon.