



Easy Flatbreads

(Serves 6)

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Prep Time: 3 Minutes

Cook Time: 3 Minutes

About: These Flatbreads are very easy, using only 3 ingredients to make delicious bread with zero nasties.

Ingredients:

- 130g Plain Yoghurt
- 130g Plain Flour
- ½ Tsp Baking Powder
- Pinch Salt
- Extra Flour for Dusting

Directions

- Combine all ingredients together in a bowl & mix until all combined & a dough is formed.
- This is a No Knead Recipe, So just roll into equal balls & let rest for 5 minutes.
- On a lightly dusted surface, roll the balls out into 2-3mm thick flatbreads.
- Place a frying pan or grill pan onto a high heat on the stove & allow the pan to heat up.
- Place 2-3 Flatbreads straight into the pan turning & cooking 2-3 minutes each side until puffed up & lightly browned.
- Either keep warm in a pan or allow to cool for later use.

Tip.

1. You can reheat the breads in a toaster & can store in a fridge for up to 3 days.
2. Gluten free flour can be used in place of plain flour.
3. Non-dairy yoghurts can be used in place of plain natural yoghurt.

