

Easy Flat Bread



Minutes to Prepare: 20 Number of Servings: 6-8

Minutes to Cook: 30 (2-4 mins for each flat bread)

Ingredients:

100gr Chick pea flour or Wholemeal flour	OR: 200gr white flour OR 200 wholemeal flour
100gr white flour or oats	

50gr rice flour or polenta 2 tablespoons oil (olive or sunflower)
½ teaspoon salt
½ teaspoon bicarbonate of soda
50ml warm water milk or coconut milk

Method:

1. Mix all the dried ingredients together
2. Add the oil and the liquid,
3. Using your hands form a soft ball
4. Leave to rest for a couple of hours at least
5. Divide in 6-8 balls
6. Roll with a rolling pin, a flat bread the size of a dessert plate
7. In a hot lightly greased pan cook each side 2 minutes or until nicely browned
- 8.

Variations: 1) Add chopped herbs to the dried ingredients
2) Roll as finely as possible and spread a filling of your choice, close the bread on the edges and proceed from point 7

Example of fillings: fried chopped onions and chilli, lightly fried spinach with onions, potato and cheeses and chilli flakes, crumbled feta cheese, chopped peppers, herbs....

Nutrition Facts for one portion (version with polenta, white and wholemeal flour):

Calories: 272 **Total Fat** 8.1g **Saturated fat :** 1.2g **Cholesterol :** 1mg **Sodium:** 515mg **Total Carbohydrate:** 42.7g **Dietary Fiber:**3.2g **Total sugars:** 2.4 g