



SKYE BLUE

Kitchens

FLATBREADS

Preheat a grill to medium. Line a baking tray with baking paper.

What you need:

- 200g Baking Bag mix
- 85 - 95 mls water approx
- 1/3 cup unsweetened natural yogurt (note 1)
- 2 TBS light olive oil
- 1 ½ tsp baking powder
- ½ tsp cumin seeds (optional)
- ¼ tsp sea salt



To Make:

Into a large bowl add all the dry ingredients and stir to combine. Make a well in the centre. In a jug mix together the water, oil and yoghurt and whisk together. Add to the dry ingredients and with a large fork mix to form a soft dough. Tip the dough onto a lightly floured board and gently bring together. Divide the dough into 4 even pieces. Roll each piece to about 5mm thick. Place on the tray then grill for 3-5 mins each side. Cut the flatbreads and serve with dukkah and extra virgin olive oil.

Note:

1. For dairy free use coconut yoghurt.

Tip: Also ideal to serve with your favourite curry. Roll each piece of dough between 2 sheets of baking paper to about 10- 15cm in diameter. One at a time cook the flat bread in a clean, hot non stick pan for about 1-2 minutes each side. Wrap in a clean tea towel until ready to use.

Flatbreads freeze well.