Easy Flatbread Recipe

Ingredients (see Tips below)

- 1 cup of full fat Greek yoghurt.
- 1 tbs olive oil.
- ½ tsp salt.
- 1 ½ cups of self-raising flour.

Method

- Mix the yoghurt, oil, salt together, then add the flour to form a dough. Turn onto a floured surface and knead for a few minutes until the mixture comes together into a smooth dough (if it is too sticky add a little more flour).
- Divide the dough into 6 equal balls (usually 6 largeish flat breads from this mix).
- Flatten each ball until it is 1cm thick and roughly round in shape. Cover the rounds with a tea towel until ready for the next step.
- Place one at a time into a heated dry frying pan and cook for a couple of minutes on each side until the flatbread rises and is cooked through.
- You can cover them with a tea towel or put them into a warm oven whilst cooking the others.
- Serve warm with dips, soups, curries or stews, or spread with a little butter/margarine/olive oil and roll up and eat!

Tips

- You can add 1 tablespoon of dried mixed herbs, pepper, crushed garlic, sesame seeds and/or parmesan cheese to the mix for an even tastier treat!
- OR add 1 tablespoon wheat bran or wheat germ or oat bran if using white self-raising flour, OR use wholemeal self-raising flour BUT add extra 1 tablespoon of yoghurt or cold water.