

This is a fantastic way to change a boring sandwich into an awesome event. Try it and you will see.

Flat Breads

1 cup all-purpose flour or gluten free flour

2 tsp baking powder

1 cup full fat natural plain yogurt

(or Greek yogurt)

¼ cup butter melted or oil

In a large bowl combine the flour and baking powder. Then gently add in the yogurt bit by bit. You may need less than a cup. Which is ok. Mix well. Then use your hands or spatula to gently bring the dough together.

Your dough has now shaped into a nice ball. Flour your work surface and cut your dough into 6 even pieces. Roll out each mini ball as evenly as possible.

Heat a nonstick skillet over medium heat. Brush one side of the bread. Place the brushed side down into the pan. Allow to cook about 2-3 minutes per side. Noting that the bread will bubble up. Turn bread over and watch it bubble up quickly. Remove from pan. Repeat until all the bread has been cooked.

Nutritional Content Information

Servings 6

Calories 101

Protein 14

Carbs 73

Fat 13

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