

Flatbread

Flatbreads are versatile. They can be used as a wrap or as a side for soups and stews. They are great for dipping. My favorite is to make pizza! See below for some pizza ideas.

Ingredients

1 cup all-purpose whole wheat flour	Pinch of salt
2/3 cup plain Greek yogurt	Olive oil
1 teaspoon baking soda	
1 teaspoon baking powder	
Optional toppings	

Equipment

Large mixing bowl	Heavy bottomed skillet (I like to use my cast iron skillet)
Measuring cups	
Measuring spoon	Clean hands
Clean work surface	
Optional rolling pin	

Directions

Combine dry ingredients and use hands to mix thoroughly.

Using hands to mix, add yogurt ¼ cup at a time until a soft dough is formed. May need additional yogurt, the dough should be soft but not sticky. Divide dough into six equal parts.

Lightly coat your hands with olive oil. Flatten and spread the dough as thinly as you can without it tearing. Keep the dough moving so it does not stick to your work surface or your hands.

You can also use your rolling pin to roll out the dough on a clean work surface.

Place flatbread on parchment or wax paper. Continue with remaining dough. Place parchment or wax paper in between flatbreads.

Have an adult to help heat a large heavy bottom skillet on medium high. Place dough on the heated pan and watch carefully. Once dough starts to bubble, flip. Dough may begin to puff slightly or bubble, once starting to puff remove from heat and continue with remaining dough. This should take about 2-3 minutes on each side.

Place flatbread on a rimmed baking sheet, top with your choice of ingredients and warm under the broiler until cheese is beginning to melt. Keep your eye on them, they can burn easily.

Veggie Lovers: 1-2 tablespoon of pizza sauce, ¼ cup shredded mozzarella cheese, 1 red bell pepper ring, 1 sliced mushroom

Apple Cheddar: ¼ shredded sharp cheddar cheese, ½ sliced granny smith apple, honey drizzle

Pesto Pizza: 1-2 tablespoons prepared pesto, 2 tablespoons finely diced sundried tomatoes, 1 oz goat cheese crumbled

Gluten free and dairy free: swap the flour for a gluten free all-purpose flour and the geek yogurt for soy yogurt. The resulting flatbread will be a little chewier than the original version, but still delicious and fun to make!

😊 Little helpers: Kids will love mixing and rolling out the dough. This is an easy dough to work with and forgiving.

🍏 Health benefits: This easy bread has no added sugar and no preservatives. Using whole wheat flour increases fiber.



Wheeler

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