



## FLATBREADS – MAKES 12

Simple to make and delicious when filled with salad for lunch or to accompany a dip like salsa or tzatziki.



INGREDIENTS	EQUIPMENT	METHOD
<p>175g self- raising flour 175g wholemeal flour 1tsp baking powder 350g natural yoghurt</p>	<p>Weighing scales Measuring spoons Mixing bowl Chopping board Knife Rolling pin Frying pan/griddle pan Tongs Serving plate</p>	<ol style="list-style-type: none"><li>1. Weigh the dry ingredients and place in a mixing bowl.</li><li>2. Weigh the yoghurt and add to the bowl. Mix together to form a dough.</li><li>3. Empty the dough onto a lightly floured work surface and knead for 1 minute. Return the dough to the bowl, cover and allow to rest for 10 minutes.</li><li>4. Return the dough onto a dusted work surface and split into 12 equal sized portions. Using the flat of your hand, form the dough into balls then gently flatten using a rolling pin to a thickness of 5mm.</li><li>5. Heat the frying pan/griddle pan on a high heat and cook for 1-2 minutes each side.</li></ol>
<p><b>ALLERGENS</b></p>		
<p>Contains gluten and dairy</p>		
<p><b>DIETARY COMPONENTS</b></p>		
<p>Flour provides a good source of energy. A healthier choice is wholegrain rather than white, processed grains and it also contains more fibre.</p>		