

Easy wholegrain flatbreads

Preparation and cooking time 30 minutes

Ingredients:

1 cup wholegrain flour
1 cup plain flour
1 tsp salt
2/3 cup warm water
4 tbsp. olive oil

Directions:

- Mix flours and salt together in a bowl, then add water and oil and mix well
- Sprinkle a little flour onto a piece of greaseproof paper and use as a base to knead the dough for a couple of minutes
- Leave to rest for 10 – 15 minutes, then divide into 12 balls and roll each ball flat. NB do not stack on top of each other
- Heat a frying pan or griddle pan until hot and cook each flat bread for a minute or two each side. Serve straight away

Make a gluten free version by using gluten free flours like Doves Farm