

Simmonds Tyres

BRIDGESTONE



GLUTEN FREE FLATBREAD

While Georgia was home over lockdown we were trying all sorts of different meals. Georgia would make her gluten free flatbread and we'd have a mezze platter with harissa spiced chicken pieces, tzatziki, hummus, haloumi and whatever other bits and pieces we felt like.

This recipe is from Tasty and there's a video of the method as well
<https://tasty.co/recipe/4-ingredient-gluten-free-dough-flatbread>

Ingredients

1 cup full-fat greek yogurt (285 g)
2 cups gluten-free flour blend (250 g), plus more for flouring
2 teaspoons baking powder
salt, as desired

Preparation

In a large bowl, mix together the yogurt, gluten-free flour blend, baking powder, and salt until a dough forms.

Transfer the dough to a lightly-floured surface and flatten into an 8-inch (20 cm) disk.

Cut the disk into 4 equal parts and flatten each part to about ¼ inch (6 mm) thick.

Very carefully transfer the dough pieces to a nonstick pan preheated over medium heat.

Cook each side of the flatbread until well browned.

Enjoy!