

Multi-purpose flatbread

INGREDIENTS

- $\frac{1}{2}$ Cup Coconut flour
- 2 Tbsp Psyllium husk
- 1 Tbsp Coconut oil (melted)
- $\frac{1}{4}$ Tsp Baking powder
- $\frac{1}{4}$ Tsp Salt
- 1 Cup Water (Luke warm)

NOTE: You can use the flatbread as roti, wrap, flatbread or pizza base.



METHOD

In a mixing bowl, combine the psyllium husk, coconut flour and salt. Add in the water, coconut oil, and baking powder. Mix well and then use your hands to knead the dough. Knead for about 1 minute. It should come together easily to form a dough.

Set aside for 10 minute in the mixing bowl. Cut the dough into 6 even pieces, roll each pieces into a small ball. Place the dough ball between two pieces of parchment paper and start rolling with a rolling pin, as thin as desired. Use a pot lid to cut the flatbread round.

Heat a pan (medium) and rub the surface of the pan with your oil of choice, to make sure it is slightly oiled. Cook flatbread for 2 minutes on the first side, flip over and cook for 1-2 more minute on the other side.



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