

GLUTEN FREE FLATBREAD

PREP TIME

10 MINS

COOK TIME

10MINS

Servings: 4 flatbreads

INGREDIENTS

- 2 cups gluten free all purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon sea salt
- 1/2 cup warmed milk of your choice (almond, coconut, rice, dairy etc)
- 1 tablespoon olive oil

INSTRUCTIONS

1. Whisk together the gf flour, baking powder and sea salt until combined.
2. Stir in the olive oil and warmed milk until combined. Your mixture should be a thick, sticky ball of dough but come together in the end. If the dough feels too dry add a little more olive oil.
3. Divide up the dough into 4 equal balls. Once at a time roll the dough balls out on a lightly floured surface until flat and even and about 6 inches wide in diameter.
4. After rolling the dough out warm a medium non stick pan on a low heat. If you don't have a non stick pan lightly grease you pan and lay out the rolled dough. Let cook for about 3-4 minutes or until lightly golden on one side, then flip over and cook the other side. Repeat this process with the remaining dough until complete.