

Wholegrain flatbreads



Recipe supplied by Sanitarium.

Ingredients

3 Weet-Bix™, very finely crushed

1 1/4 cups wholemeal flour, plus extra for dusting

2 tsp baking powder

pinch salt

1 cup unsweetened low-fat Greek yoghurt, or plain non-dairy yoghurt

2 Tbsp olive oil

Method:

1. Combine Weet-Bix, flour, and salt in a large bowl. Add yoghurt and olive oil, and mix until no flour remains. Cover and rest 5 mins, so the dry ingredients can hydrate.
2. Lightly dust bench with flour, turn dough out, and knead for 30 seconds until smooth. Divide into 6 balls.
3. Roll each dough portion into a 15 cm circle, dusting bench with flour as necessary.

4. Heat a heavy-based skillet to medium. Place a round of dough into the hot, dry, pan and cook 1 - 1.5 minutes, until bubbles start to show on the top and brown spots form on the bottom. Flip and cook a further minute, until golden and puffed. Transfer to a rack lined with a tea towel, and repeat with remaining dough rounds.
5. Serve warm or at room temperature, with your favourite dips or fillings.