

Whole wheat flatbread

Flatbreads make the perfect appetizer and pizza base. Made from simple ingredients that include whole wheat flour and water, it's no wonder flatbreads have been a staple in human diets for 5,000 years. Make our homemade flatbread, then top it with some of your favourite ingredients!

Ingredients

- 2 1/4 tsp of dry active yeast
- 1 cup whole wheat pastry flour
- 1 cup all-purpose flour
- 1/2 tsp kosher salt
- 1 tsp sugar
- 1 tsp vegetable oil
- 3/4 cup of warm water

Toppings

You can top your flatbread's with any number of ingredients or combinations of fruit, vegetables, sauces, cheeses and meats! Think of it as a gourmet pizza and add what you and your family want!

Directions

1. Combine the warm water and sugar in a bowl. Stir to dissolve.
2. Sprinkle yeast over the top and let that become foamy (5-6 minutes).
3. While that is foaming, combine flours and salt in a large bowl. Mix well.
4. Pour foamy, yeast water mixture into the flour mixture.
5. Stir until a dough ball forms.
6. Knead for 3-4 minutes until smooth and stiff. Add flour to prevent sticking.
7. Place dough in a lightly oiled bowl, cover with a clean kitchen cloth and allow to rise (1-1.5 hours). Divide dough into 4 small balls.
8. On a floured surface, roll balls out until flat or 1/4 inch thick - you don't want them super thin or they won't cook properly!
9. Cook in a hot skillet with a little oil for 3-4 minutes on each side.
10. Once topped, place flatbread on baking sheet, bake 5 minutes at 400° C. Broil until cheese is melted - a minute or two, so watch carefully!

#TrainWithGrainsTip:
Use whole wheat flour when making flatbread, top with your favourite fruits, vegetables, and protein sources to keep this as a healthy balanced appetizer!



Yield: 4 flatbreads
Prep time: 60 minutes
Cook time: 5 minutes



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