



Toasty Flat Bread

Makes 10 - 12



Ingredients:

1 cup low fat natural/Greek yoghurt
2 cups self raising flour
2 tablespoons mixed herbs
Pepper



Equipment:

Bowl, cup measure, tablespoon,
rolling pin, frypan or BBQ, tongs or
spatula

Recipe Tip:

Serve bread with dips such as Crazy corn dip, tzatziki or beetroot dip.

10



1 Combine flour, mixed herbs and pepper together in a bowl.



2 Add yoghurt and mix until it forms a dough. If required, keep adding flour so that the dough is not too wet.



3 Dust the bench and your hands with flour. Place dough on bench and knead until smooth.



4 Break the dough into small balls and roll out into flat circles with the rolling pin.



5 Place on frypan or BBQ and cook until a nice brown colour. Use tongs or spatula to flip bread over and cook the other side.