



## PERFECTLY GLUTEN-FREE FLATBREADS

Makes 6 flatbreads

*Ready in 2 hours*

2 tbsp (50g) natural yogurt

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120ml (4 fl oz) water

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1 tbsp olive oil

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200g (7oz) brown gluten free flour

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50g (2oz) buckwheat flour

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1 tsp yeast

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1 tsp sugar

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½ tsp salt

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½ tsp baking powder

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1 tsp psyllium husks

### By hand:

- In a large bowl, mix together the yeast, both flours, sugar, salt, baking powder and psyllium. Add the yogurt, warm water and olive oil. Mix roughly, then bring the dough together with floured hands. Knead vigorously, then cover the bowl and leave in a warm place for 1 hr.

### In a bread machine:

- Place the water, yogurt and olive oil in your bread machine pan. Add both flours, yeast, sugar, salt, baking powder and psyllium to your bread machine pan.
- Use the **Fast or Pizza Dough** programme to make the dough. Leave in the bread machine for an hour after the programme has finished to allow the bread to rise.
- Divide into 6 equal balls. Lightly grease 2 baking (cookie) sheets.
- On a floured surface, roll out each ball with a rolling pin into rough oval shapes.
- Transfer to the baking sheets, cover with cling film and leave to rise for about 25 minutes in a warm place.
- Preheat the grill to the highest setting.
- Sprinkle the breads with a little water and grill for 2–3 minutes each side until brown and puffed. Wrap in a tea towel to keep warm.
- When cold these breads can be frozen and toasted directly from the freezer.

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