

Whole Wheat Naan

Serve this delicious, high-fiber treat with your favorite soup for a satisfying meal.

Serves 8



Ingredients

- ½ cup very warm water
- 2 teaspoons active dry yeast
- 1 teaspoon sugar
- 2 cups whole wheat flour
- ½ cup all-purpose flour
- ½ teaspoon salt
- ¼ cup olive oil, plus more for frying
- ½ cup plain, nonfat yogurt
- 1 egg
- Dried parsley

Directions

1. In a large bowl, or the bowl of a heavy duty stand mixer with dough hook attached, mix together water, yeast and sugar just until combined.
2. Set aside for 5 minutes.
3. Add the whole wheat, and all-purpose flour, salt, olive oil, yogurt and egg. Mix until combined.
4. Turn dough out onto a clean, and floured surface, and knead until soft and pliable.
5. Cover with a clean, damp towel and set aside to rise for approximately 1 hour.
6. Divide the dough into 8 pieces and roll out with a rolling pin to ¼ inch thickness.
7. Heat a non-stick skillet to medium high and add a small amount of oil.
8. Cook bread for about 5 minutes on each side, or until golden and blistered.
9. Sprinkle with dried parsley and serve warm.

Nutrition Facts

Serving Size 1 Piece
Servings Per Recipe 8

Amount Per Serving

Calories 210 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 170mg **7%**

Total Carbohydrate 30g **10%**

Dietary Fiber 4g **16%**

Sugars 2g

Protein 7g

Vitamin A 2% • Vitamin C 0%

Calcium 4% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

