

Fabulously Fast Flatbread

Serve this toasty treat with your favorite soup or salad for a satisfying meal! It makes a great pizza crust or can be used with dips like hummus!

Serves 8



Ingredients

- 1 cup whole wheat flour, plus more for kneading and rolling
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1- 1¼ cups non-fat, plain Greek yogurt
- Cooking Spray

Directions

1. In a very large bowl mix together whole wheat flour, all-purpose flour, baking powder and salt.
2. Add 1 cup Greek yogurt and stir until well combined.
3. Add more flour or yogurt as needed until dough forms into ball and is no longer sticky.
4. Turn dough out onto a floured surface, and knead until stretchy. Divide into 8 pieces.
5. Roll each dough piece with a rolling pin into a circle that is about ¼ inch thick.
6. Heat a non-stick skillet or griddle to medium high and coat with cooking spray.
7. Cook for about 2-4 minutes or until golden and blistered.
8. Flip and cook 2-4 minutes more.
9. Serve warm with your favorite hummus, as a side with soup or as a crust for pizza.

Nutrition Facts

Serving Size 1 Flatbread
Servings Per Recipe 8

Amount Per Serving

Calories 140 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 27g **9%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • 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.

