

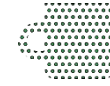


Low FODMAP 3-Ingredient Flatbread

Serves: 12

Prep: 20 minutes

Cook: 15 minutes



Stack Cup

Ingredients	Metric	Imperial
Gluten Free Plain Flour	350 g	12.3 oz
Lactose free yoghurt	350 g	12.3 oz
1 tsp baking powder		
Oil for cooking		

Method

1. Add all ingredients to a mixing bowl and stir with a wooden spoon to combine, then use your hands to bring everything together
2. Dust your bench top with flour, tip dough out and knead for a minute or 2
3. Roll dough out into a long tube and cut into 12 equal sized pieces
4. With your hands, flatten out the dough, then use a rolling pin to roll each piece into thin rounds
5. Heat oil in a fry pan over medium heat and cook each round for 1 -2 minutes on each side until browned

Hints

if you are after a garlic flavoured flatbread, drizzle with some garlic infused olive oil after cooking!
Also great with chopped up fresh herbs

Nutrition Information (per serve)	
Energy	520 Kj / 124 cal
Protein	2.40g
Carbohydrates	25.50g
Sugar	2.80g
Total Fat	1.20g
Saturated Fat	0.60g
Fibre	0.30g