## **Recipe Card**



CENTRES CLINICS COURSES

## Easy wholegrain flatbreads

Preparation and cooking time 30 minutes

## Ingredients:

1 cup wholegrain flour 1 cup plain flour 1 tsp salt 2/3 cup warm water 4 tbsp. olive oil

## **Directions:**

- Mix flours and salt together in a bowl, then add water and oil and mix well
- Sprinkle a little flour onto a piece of greaseproof paper and use as a base to knead the dough for a couple of minutes
- Leave to rest for 10 15 minutes, then divide into 12 balls and roll each ball flat. NB do not stack on top of each other
- Heat a frying pan or griddle pan until hot and cook each flat bread for a minute or two each side. Serve straight away

Make a gluten free version by using gluten free flours like Doves Farm

Glenville Nutrition are Ireland's leading Nutritionists, providing corporate talks, cookery demonstrations, 1-2-1 nutrition and health reviews and executive wellbeing programmes. Contact us to find out how we can help you.

01 4020777