

Flatbread

Ingredients

150g self-raising flour

$\frac{1}{4}$ x 5ml teaspoon spoon black pepper

150g low-fat natural yoghurt

Extra flour for rolling out

Method

Sieve the flour into a mixing bowl
and add the black pepper.

Spoon in the yoghurt - stir until mixed.

Tip onto a clean, floured surface.

Knead gently until smooth.

Divide the dough into 4 balls.

Lightly dust the surface with flour
and roll out each ball to the size of a
saucer using a rolling pin.

Heat gently in a non-stick frying pan and cook
until they are crisp and golden turning down the heat
as they cook.

(About 3 minutes each side.)

Wrap them in a clean tea towel or foil
to keep them warm.

You can add spices EG. cumin seeds to the dough
or brush with a little butter sprinkle with garlic and
chopped fresh coriander when cooked.