Whole Wheat & Yogurt Flatbread

The Goldring Center for Culinary Medicine

TULANE UNIVERSITY
School of Medicine

This simple yeast-free flatbread comes together quickly with just a few basic ingredients. It can be eaten with any curry or stew, as a wrap, or as a dipper for your favorite dips!

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	10 MIN	25 MIN

INGREDIENTS

1 cup	Whole Wheat Flour
1 cup	All Purpose Flour
1½ tsp	Baking Powder
½ tsp	Baking Soda
½ tsp	Kosher Salt
1 cup	Greek Yogurt, nonfat, plain
2 Tbsp	Olive Oil

CHEF'S NOTES

Using a combination of whole wheat flour and all-purpose flour results in a flatbread that has more fiber from whole grains while keeping a light and fluffy texture.

This flatbread can be customized to your liking by adding in any combination of herbs including oregano, rosemary, basil, or thyme.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.

2. Combine the whole wheat flour, all-purpose flour, baking powder, baking soda, and salt in a large mixing bowl and use a whisk to incorporate ingredients.

3. Add the Greek yogurt and olive oil to the dry ingredients and using clean hands, form into a sticky ball.

4. Then, sprinkle the counter with a small amount of flour and knead the dough until smooth. The dough will feel very sticky at first, but it will become more cohesive as you continue to knead it.

5. Divide the dough using a bench scraper into 6 balls. Use a rolling pin to roll out each ball into an oval shape, about 1/4" thick.

6. Heat a large non-stick sauté pan over medium-high heat and add one of the rolled-out flatbreads to the pan, cooking on each side for about 3-4 minutes. The flatbread will puff up a little and the underside should be lightly browned before flipping.

7. Repeat this process for all 6 flatbread pieces.

Nutrition Facts

6 servings per container

Serving size **1 flatbread (85g)**

Amount Per Serving

Calories **210**

	% Daily Value*
Total Fat 5g	**6%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol <5mg	**1%**
Sodium 400mg	**17%**
Total Carbohydrate 32g	**12%**
Dietary Fiber 3g	**11%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 9g	**18%**
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 1.5mg	8%
Potassium 100mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, WHEAT