

Flat Bread Recipe

2 ¼ cups flour

1 tsp salt

2 TBSP active dry yeast

Combine with fork in a medium size bowl

Then add in

1/3 cup warm milk

1/3 cup warm water

Make sure they are not too warm or the yeast will not work**

Next add in 3 TBSP of olive or grapeseed oil

Mix the entire mixture in the bowl with your hands until it is well combined

Then rub a bit more oil on top and then cover the bowl with plastic wrap and set aside for 1 hour

After one hour take dough out of the bowl and kneed (mix with your hands for about 2-3 minutes)

Then put a little flour on cookie sheet or piece of parchment paper and cut the dough in half

Then cut each half into 3-4 wedges/triangles

Take each triangle and make into a ball

Then press out into a flat circle

Fry each circle in an oiled pan 5 to 6 minutes

Top your bread with butter, parsley and garlic powder while warm and enjoy!