

UNLEAVENED FLAT BREAD★★★★★

COURSE: BREAD CUISINE: MIDDLE EAST PREP TIME: 15 MINUTES
COOK TIME: 20 MINUTES RESTINE TIME: 1 HOUR TOTAL TIME: 35 MINUTES
SERVINGS: 8 SERVING CALORIES: 231.3KCAL AUTHOR: [AMIRA](#)



A delicious unleavened flat bread soft

INGREDIENTS

- 2 c AP flour
- 2 c whole wheat flour.
- 1 ½ c water
- 2 tsp salt
- 2 Tbs olive oil

INSTRUCTIONS

1. Mix all the dry ingredients until combined.
2. Add olive oil and gradually add water while kneading.
3. Knead with a dough hook attached until you have a nice firm dough.
4. Take the dough out and knead by hand for 3 minutes until smooth and soft.
5. Cover the dough and let it rest for 30 minutes.
6. Divide the dough into 4 pieces and brush with olive oil.
7. Cover again and let it rest for another 30 minutes.
8. Heat your oven to the maximum temp - mine was 500F - putting a pizza stone in it or any baking sheet.
9. Roll your dough on another sheet sprinkled with some corn meal.
10. Place the bread on the pizza stone and bake for 3-4 minutes, poking any air pumps with a fork.
11. Serve immediately or place directly in a plastic bag to keep it from getting hard.
12. Leftovers stays fresh in room temperature for up to 2 days or it can be frozen for up to 3 months.
13. Enjoy.

NOTES

Nutrition Facts	
Unleavened flat bread	
Amount Per Serving	
Calories 231.3	Calories from Fat 35
% Daily Value*	
Fat 3.9g	6%
Sodium 581.4mg	25%
Carbohydrates 44g	15%
Fiber 4.7g	20%
Protein 7g	14%
Iron 1.1mg	6%
* Percent Daily Values are based on a 2000 calorie diet.	