



JERNEJ KITCHEN

SPELT YOGURT FLATBREAD

Spelt Yogurt Flatbread is a simple yeast-free recipe made on the stovetop in 15 minutes. Serve them with curries, soups, and roasted chicken or veggies.

MAKES 6 FLATBREADS
PREPARATION: 15 MINUTES

SPELT YOGURT FLATBREAD

200 g (1 1/4 cup) white spelt flour

150 g (1/2 cup) greek yogurt

1 tbsp (12g) baking powder

1 tsp olive oil

TOOLS AND EQUIPEMENT

bowl

rolling pin

grill pan

MAKE THE DOUGH

Combine spelt flour, greek yogurt, baking powder, olive oil, and a pinch of salt in a bowl. Knead into a smooth dough. Divide the dough into six pieces, shape it into a ball, and set aside for 10 minutes. This way, it will be easier to roll the dough into flatbreads.

SPELT FLATBREAD

Roll each ball into a flatbread approximately 15 cm or 6 inches long. Place a large (grill) pan over high heat. Don't add any oil. Add one or two flatbreads at once, depending on the pan size. Cook for 1 - 2 minutes on each side until the flatbread is golden-brown and baked.

SERVE

Place the flatbreads on a plate and serve with your favorite main dish or use them for wraps.