



HOMEMADE NAAN/ FLATBREAD

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

200g plain flour (gluten free or normal)
200g plain or Greek yoghurt (or dairy free yoghurt)
2 tsp baking powder
1 tsp salt
optional: cumin or nigella seeds

METHOD

1. Place all the ingredients in a bowl and stir. If you are using gluten free flour you might need a little more or less yoghurt depending on brand.
2. Use your hands now to knead in the bowl and bring all the ingredients together. If doesn't need much kneading just a minute to bring it all together.
3. When it's smooth turn out onto a floured surface.
4. Cut the ball into 4 and roll each ball thinly.
5. When rolled, place in a dry frying pan over a hot heat, flipping after a few minutes.
6. I usually roll the next one while the other is cooking.