

Gluten Free Flat Breads

Gluten Free Dairy Free
Low Chemical

Makes 4

Ingredients:

150g (1 cup) All Purpose gluten free flour
250ml soda water
1 Tbsp. psyllium husks
Pinch of iodized salt
A little Rice Bran oil for frying



Method:

- In a mixing bowl stir the flour, psyllium husks and salt together
- Whisk in the soda water gradually, one third at a time, until the dough is smooth
- Spread a little oil spread over the base of a non-stick fry pan and heat. The pan needs to be very hot before the batter is added
- Pour a quarter of your mixture into the frying pan and quickly spread it to look like a flat pancake.
- Fry this until bubbles appear on the top and then flip it over
- Cook a few minutes on the other side
- If not brown enough, flip it back to the first side to deepen the colour
- Take the flat bread from the heat and place it on a paper towel
- Repeat till you have cooked all 4 flat breads

Serving ideas:

- Best eaten straight away as a wrap
- An accompaniment to a stew style of dish
- Use burrito style with a suitable filling

Pictured here with chicken and pumpkin rissoles
(see moderate chemical recipes, free from gluten/wheat or dairy, light bites and lunches)

<https://glutenfreenutrition.com.au/chicken-and-pumpkin-rissoles/>

