



Food for Mood

Flatbread

Ingredients

- 300g self-raising flour, plus extra for dusting
- ½ tsp baking powder
- 150g natural yogurt
- 1 tbsp olive oil, ghee or coconut oil
- melted ghee or butter, for brushing
- cumin seeds, chopped garlic cloves, chopped coriander, or chopped chillies (optional)

Method

- Combine the flour, baking powder, yoghurt, and oil with 1 tsp salt and 2 tbsp water and bring together into a rough dough. Tip onto a lightly floured surface and knead for a few minutes until slightly smooth, then divide into four to eight pieces, depending on the size of flatbread you want.



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Method contd.

- Heat a heavy-based frying pan over a high heat. To make basic flatbreads, roll the dough pieces out on a lightly floured surface into rough ovals, then fry for 1-2 mins on each side until golden and slightly charred in spots. Alternatively, roll the dough pieces out, brush with a little melted ghee or butter, and scatter over the cumin seeds, garlic, coriander, or chillies, if you like. Fold each piece of dough over on itself, then roll out again into a rough oval and cook in the same way.
- Brush the flatbreads with a little melted butter or ghee, then serve.



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