



Dr Amir's No Butt's Easy Flatbread

I have been searching for the perfect flatbread recipe and I have found it! This is a recipe from a doctor as part of a gut healthy program so you know it will be good for you.

Serves: 8, Prep time: 00:10, Cook time: 00:05

Instructions

1. Mix the flour, baking powder, yoghurt, oil, salt and add two tablespoons of water adding more until it starts to form a dough.
2. Place on a floured surface and knead thoroughly until smooth. Divide into eight smaller pieces. On a floured surface, roll into ovals using a rolling pin.
3. Heat some 1 tsp olive oil in frying pan and lightly fry each bread for 1-2 minutes on each side.
4. Mix the olive oil and chilli flakes, and brush as a garnish.

This olive oil garnish is really worth doing and I added a little sea salt and fresh

Ingredients

- 300 grams Self raising flour (10.5 oz)
- 1/2 teaspoon Baking Powder
- 150 grams Natural Yoghurt (5.5 oz)
- 1 teaspoon Sea Salt
- 1 teaspoon Oil, olive
- 1 teaspoon Chili Flakes, For garnish
- 1 teaspoon Extra virgin olive oil, For garnish

coriander leaves.

This is part of a curry recipe on the ITV website and you can see the full recipe [here](#).

I used Greek yogurt for mine and put the extra ones in the freezer. They freeze well and can be heated in the toaster. I also made the EVO and chili flake garnish first to allow the flakes to impart their heat in to the oil and become soft.

For a FREE recipe book click [here](#) [Chili Tri](#)