FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Sultana and Coriander Flatbreads



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**217 kcal**

Stuff that's in it:

• 200G 0 Fat Greek Yoghurt

• 200G Self Raising Flour

• 1 Tsp Baking Powder

• Bunch Or Fresh Coriander (Chopped)

• 30G Sultanas

What you do:

This recipe makes 4 large flat breads, they are super quick and there's no need to leave to prove/rise.

In a large bowl, add your yoghurt, then siege your flour and baking powder evenly until the bowl, use a spoon to mix until combined.

Tip out into a floured surface and squeeze and knead briefly all over into a ball and gently turn several times until it begins to bind and become smoother. Dust the worktop with flour and roll into a sausage and cut into 4 even pieces.

Press coriander and sultanas in each one and roll up into a ball, then roll each one out , flipping over as you go, dusting with more flour on your pin or work surface if it restarts to stick. Heat up a large griddle pan or fry pan, get screaming hot and cook each one around 50 second each side until it puffs up and has golden brown markings, serve.

Nutrition

• Carbs: 41g

• Fat: 0g

• Protein: 10g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com