

Mary's Flat Breads

Ingredients

3 cups self-raising flour *

2 cups Greek yogurt

What to do

1. Put all the ingredients into a bowl and mix to fairly stiff dough.
2. Set aside and allow to rest for an hour.
3. Divide the dough into 8 equal portions, depending on the size of flat bread you'd like. Eight makes side-plate-sized breads.
4. Roll into balls, roll with a rolling pin to flatten
5. Heat a frying pan sprinkled with flour. Cook dry, in a hot pan, turning until they bubble and are slightly browned.

*If using plain flour, add 4,5 tsp baking powder and 1,5 tsp salt.

A couple of points -

- These keep and freeze well. To re-heat, use a hot, dry floured pan.
- Mary adds salt and onion seeds.

Eat them —

- With stews, curries and or dips, raita or tzatziki
- Like pita breads – they form nice pockets that you can fill
- As pizza – they make a quick and easy pizza bases

