

# Fabulously Fast Flatbread

Serve this toasty treat with your favorite soup or salad for a satisfying meal. Or use it as a base for any grilled sandwich.

Serves 8



## Ingredients

- 1 cup whole wheat flour, divided
- 1 cup all-purpose flour, divided
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup Greek yogurt
- Cooking Spray
- ½ teaspoon onion salt
- ½ teaspoon dried parsley

## Directions

1. In a very large bowl or bowl of a heavy duty stand mixer with dough hook attached, mix together ½ cup whole wheat flour, ½ cup all-purpose flour, baking soda and salt.
2. Add Greek yogurt and stir until well mixed.
3. Slowly add more flour, stirring constantly, alternating whole wheat and all-purpose until dough forms into ball and is no longer sticky.
4. Turn dough out onto a floured surface. Divide into 8 pieces and roll each piece with a rolling pin to ¼ inch thickness.
5. Heat a non-stick skillet or griddle to medium high and coat with cooking spray.
6. Cook dough pieces for about 3-4 minutes or until golden and blistered.
7. Flip and cook about 3-4 minutes more.
8. Coat already cooked side with cooking spray and sprinkle with onion salt and parsley.
9. Serve warm.

## Nutrition Facts

Serving Size 1 Flatbread  
Servings Per Recipe 8

Amount Per Serving

**Calories** 130      **Calories from Fat** 5

% Daily Value\*

**Total Fat** 0.5g      **1%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 210mg      **9%**

**Total Carbohydrate** 25g      **8%**

Dietary Fiber 2g      **8%**

Sugars 1g

**Protein** 6g

Vitamin A 0%      • Vitamin C 0%

Calcium 4%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

