
Steve's Flat Bread

2 cups	Gold Forest Grains Park Wheat Flour	500 mL
1 cup	Gold Forest Grains Soft White Wheat flour	250 mL
1 Tbsp	Baking powder	15 mL
½ cup	Mighty Trio Canola Oil*	125 mL
½ - ¾ cup	warm water	125 – 170 mL

NOTE: * Only Mighty Trio will work for this recipe. Replace with butter if not using Mighty Trio oil.

- Combine all dry Ingredients in a bowl
- Add oil to dry ingredients until the mixture is crumbly
- Add ½ c of warm water until dough is soft
- If too dry, add 1 Tbsp of water until the dough is soft
- Knead dough on counter for 10 minutes until a soft and smooth dough is achieved.
- Divide the dough into 8 pieces each about the size of a golf ball
- Allow dough to rest for 10 minutes
- Roll each ball of dough to 1/8 " thick or 8" in diameter
- Preheat a dry skillet or a non-stick pan over medium heat
- Griddle the rolled out dough for 2-3 minutes on 1 side
- Turn flat bread over and griddle another 1 minute
- Griddle remaining rolled out dough

Preparation Time: 20 min.

Cooking Time: 20 min.

Makes: 8 Flat breads