

## Amazing Flatbread (FP)

These "naan-inspired" flatbreads were created by our feisty and amazing THM Remote Staffer Cindy Young. Got a feeling they are gonna rock your world! Skillet fried or grilled, these are the perfect vehicle for scrambled eggs, a sammie for lunch (top 'em with your regular salad favorites like natural deli meat or chicken and veggies or Peanut Junkie Butter and Slim Belly Jelly). You can also use them as gyros or even mini pizzas! Or you could tear off chunks and scoop up some of Serene's Tahinah for a healthy and delicious snack! Any way you serve them, they are sure to become a family favorite!

Serves: Makes 4 Flatbreads

### INGREDIENTS:

- 1/2 cup [TH Baking Blend](#)
- 1 Tbs [TH Whole Husk Psyllium Flakes](#)  
(Grind into powder and then measure out 1 Tablespoon.)
- 1/2 tsp [TH Mineral Salt](#)
- 2 Tbs [TH Oat Fiber](#)
- 1/2 tsp aluminum-free baking powder
- 1/2 Tbs avocado oil (or extra virgin olive oil)
- 3/4 cup water (HOT water)
- Coconut oil pan spray (or olive oil cooking spray)



### DIRECTIONS:

1. Mix the TH Baking Blend, psyllium powder, mineral salt, oat fiber, and baking powder in a bowl.
2. Add avocado oil (or EVOO) and HOT water. Mix well.
3. Divide dough into 4 portions.
4. Roll each piece out between 2 pieces of parchment paper to about 6".  
(Cindy uses her cast iron tortilla press for a "perfect" circle.)
5. Heat up a non-stick skillet on medium-high and use a generous spray of coconut oil cooking spray, or alternately use a small drizzle of avocado oil or EVOO.
6. When the oil is hot, add one flatbread and cook till the bottom is lightly brown and speckled. Flip and repeat. The bread will puff up nicely and hold up to a variety of fillings.
7. Store the leftovers in a zippy bag separated by paper towels.