



Greek Flatbread



Greek Flatbreads

Ingredients (makes 8 flatbreads):

- 450 g organic white spelt flour (or plain flour)
- 2 tbsp Greek yogurt
- 210 g water (lukewarm)
- 25 g olive oil (plus extra for brushing)
- 8 g salt (Pink Himalayan if you like)
- 5 g yeast (optional – use for fluffier flatbreads, skip for a quicker, denser style)

Method:

1. Mix the dough
 - In a large bowl, combine the flour and salt.
 - Add the Greek yogurt, olive oil, and water. If using yeast, dissolve it in the water first and let it sit for 5 minutes before adding.
 - Stir until a rough dough forms.
2. Knead
 - Transfer to a floured surface and knead for about 6–8 minutes until smooth and elastic. (If skipping yeast, kneading just 3–4 minutes is enough to bring it together.)
3. Rest
 - With yeast: cover and let rise for 1 hour, until doubled.
 - Without yeast: cover and let rest for 20–30 minutes — this relaxes the dough so it's easier to roll.
4. Shape the flatbreads
 - Divide into 8 equal pieces and roll each into a ball.
 - Roll out into ovals or rounds, about 5 mm thick.
5. Cook
 - Heat a heavy skillet or griddle pan until very hot.
 - Cook each flatbread for 1–2 minutes per side until golden spots appear.
 - Brush with olive oil as soon as they come off the heat.