

- Prep time: 10 minutes
 - Cook time: 10 minutes
 - Total time: 20 minutes
 - Yield: 4 flatbreads
 - Cuisine: Mediterranean-inspired / Fitness Fusion
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Ingredients

For the Dough:

- 1 cup Self-rising flour (plus extra for dusting)

• *Note: If you don't have self-rising flour, use 1 cup all-purpose flour + 1.5 tsp*

baking powder + 1/4 tsp salt.

- 1 cup Plain, non-fat Greek yogurt (Fage or Chobani work best for thickness)

For the Garlic Butter Finish:

- 1 tbsp Butter or Olive Oil (for a dairy-free option)
 - 2 cloves Garlic, finely minced
 - 1 tbsp Fresh parsley or cilantro, chopped
 - 1 pinch Sea salt and black pepper
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Instructions

1. Prepare the Dough (Intensity: Low)

In a large mixing bowl, combine the self-rising flour and Greek yogurt. Use a fork to stir the mixture until it starts to clump together. Once the mixture becomes too thick to stir, switch to using your hands.

2. Knead (Intensity: Medium)

Transfer the dough to a lightly floured surface. Knead the dough for about 2 to 3 minutes. You want the dough to be smooth and elastic. If the dough is too sticky, add flour one tablespoon at a time. If it is too dry and crumbly, add a teaspoon of yogurt or water. *Tip: Do*

not over-knead, or the bread will become tough.

3. Divide and Roll (Intensity: Medium)

Divide the dough into 4 equal portions (about 60-70g each). Roll each portion into a ball. Using a rolling pin, roll each ball out into a thin circle, about 1/4 inch thick. Keep the dough covered with a clean towel while you work to prevent it from drying out.

4. Cook the Flatbread (Intensity: High)

Heat a non-stick skillet or cast-iron pan over medium-high heat (about 375°F/190°C). Do not add oil to the pan. Place one flatbread in the hot pan. Cook for 2 to 3 minutes on the first side. You know it is ready to flip when bubbles start forming on top and the bottom has golden-brown spots. Flip and cook for another 1 to 2 minutes on the other side.

5. The Garlic Finish (Intensity: Low)

While the bread cooks, melt the butter in a small microwave-safe bowl. Stir in the minced garlic. As you remove each flatbread from the pan, brush the hot surface immediately with the garlic butter mixture. This ensures the bread absorbs the flavor while steaming slightly.

6. Serve

Sprinkle with fresh herbs and a pinch of salt. Stack the flatbreads on a plate and cover with a towel to keep them warm and soft until serving.

Recipe Tips & Variations

- **Flavor Infusion:** Add dried oregano, basil, or onion powder directly into the dough before kneading.
- **The Flour Rule:** If using all-purpose flour, you must add baking powder, or the bread will not puff. Self-rising flour is the key to the texture.

- Yogurt Choice: Ensure you use *thick* Greek yogurt. If your yogurt is watery, the dough will be too sticky. If using a thinner yogurt, you may need up to 1/4 cup more flour.
 - Cooking Temperature: Watch your heat. If the pan is too hot, the outside will burn before the inside cooks. If the pan is too cool, the bread will become stiff and hard.
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Nutrition Information

Disclaimer: Nutritional values are estimates and will vary based on specific brands and ingredient substitutions used.

Serving Size: 1 Flatbread (1/4 of recipe)

Calories: ~145 kcal

Total Fat: 3.5g

Saturated Fat: 2g

Trans Fat: 0g

Cholesterol: 9mg

Sodium: 320mg

Total Carbohydrates: 19g

Dietary Fiber: 0.5g

Total Sugars: 2g

Protein: 9g