

Prep Time: 20 minutes | Cook Time: 15 minutes | Rest Time: 30 minutes | Total Time: 1 hour 5 minutes

Yield: 6 flatbread wraps | Intensity Level: Easy-Moderate (2/5)

Category: Main Course / Lunch / Meal Prep | Diet: Vegetarian, Anti-Inflammatory

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Why This Recipe Works

These soft, golden flatbread wraps combine two of nature's most studied anti-inflammatory ingredients — turmeric and garlic — into a pliable, scoopable flatbread that doubles as a wrap, a dip vessel, or a side. Greek yogurt keeps the dough tender and adds a probiotic

boost, while black pepper dramatically increases the absorption of curcumin, turmeric's active compound. The result is a nourishing, freezer-friendly bread that comes together with pantry staples and a single skillet.

Ingredients

For the Flatbread Dough

- 2 cups all-purpose flour (plus extra for dusting)
- ½ cup whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- 1 teaspoon fine sea salt
- 1½ teaspoons ground turmeric
- ½ teaspoon ground black pepper (*essential — boosts curcumin absorption*)
- ½ teaspoon ground cumin

- ¼ teaspoon ground ginger
- 2 cloves garlic, finely grated or minced
- ¾ cup plain Greek yogurt (full-fat or 2%)
- ¼ cup warm water (plus 1–2 tablespoons if needed)
- 2 tablespoons extra-virgin olive oil

For the Garlic-Olive Oil Finish

- 3 tablespoons extra-virgin olive oil
- 2 cloves garlic, finely grated
- 1 tablespoon fresh parsley or cilantro, chopped
- Pinch of flaky sea salt

Optional Filling Suggestions

- Hummus, roasted vegetables, spinach, avocado, grilled chicken, or falafel

Equipment

- Large mixing bowl
- Wooden spoon
- Rolling pin
- Cast-iron or non-stick skillet (10–12 inch)
- Clean kitchen towel
- Pastry brush

Instructions

Step 1: Bloom the Dry Flavors (5 minutes | Intensity: Low)

In a large bowl, whisk together the all-purpose flour, whole wheat flour, baking powder, baking soda, salt, turmeric, black pepper, cumin, and ginger. Whisking ensures the spices distribute evenly rather than clumping in one spot. Make a well in the center.

Step 2: Build the Dough (7 minutes | Intensity: Low-Medium)

Add the grated garlic, Greek yogurt, warm water, and olive oil into the well. Using a wooden spoon, stir from the center outward until a shaggy dough forms. Switch to your hands and knead in the bowl for 2–3 minutes until the dough comes together into a soft, slightly tacky ball. If it's too dry, add water one tablespoon at a time. If too sticky, dust with a tablespoon of flour.

Step 3: Rest the Dough (30 minutes | Intensity: None)

Cover the bowl with a clean kitchen towel and let the dough rest at room temperature for 30 minutes. This hydration period relaxes the gluten, making the dough far easier to roll thin without tearing. Do not skip this step — it's the difference between tough and tender flatbread.

Step 4: Divide and Roll (8 minutes | Intensity: Medium)

Turn the dough onto a lightly floured surface. Divide into 6 equal portions (about 3 ounces each) and roll each into a ball. Working one at a time, roll each ball into a thin oval or circle, about ⅛-inch thick and 7–8 inches across. Keep remaining dough covered to prevent drying.

Step 5: Cook the Flatbreads (12–15 minutes total | Intensity: Medium-High)

Heat a dry cast-iron or non-stick skillet over medium-high heat for 2 minutes until a drop of water sizzles instantly. Place one flatbread in the pan. Cook for 60–90 seconds until bubbles form and the underside develops golden-brown spots. Flip and cook another 45–60 seconds. The bread should puff slightly. Adjust heat as needed — too hot burns the spices, too low dries the bread out. Transfer to a plate and cover with a towel to stay soft. Repeat with remaining dough.

Step 6: Garlic-Oil Finish (3 minutes | Intensity: Low)

In a small bowl, combine the olive oil and grated garlic. Brush each warm flatbread generously with the garlic oil and sprinkle with fresh herbs and flaky salt. The residual heat gently mellows the raw garlic.

Step 7: Fill and Serve

Layer with hummus, roasted vegetables, greens, and your protein of choice. Roll tightly, tuck the bottom, and slice in half.

Time & Intensity Summary

Phase	Time	Intensity
Mixing dry ingredients	5 min	Low
Kneading dough	7 min	Low-Medium
Resting	30 min	None
Rolling	8 min	Medium
Cooking	12-15 min	Medium-High
Garlic-oil finish	3 min	Low
Total	~1 hr 5 min	Easy-Moderate

Nutrition Information (Per Flatbread, Without Fillings)

Nutrient	Amount
Calories	245 kcal
Total Fat	8 g
— Saturated Fat	1.5 g

Nutrient	Amount
— Monounsaturated Fat	5 g
Cholesterol	4 mg
Sodium	340 mg
Total Carbohydrates	35 g
— Dietary Fiber	3 g
— Sugars	2 g
Protein	8 g
Vitamin A	2% DV
Vitamin C	4% DV
Calcium	8% DV
Iron	12% DV
Manganese	18% DV