

## Flat Bread

( yummy to eat with dips and soups )

### **INGREDIENTS**

3 cups of flour

1 ½ cups of warm water

3\* Tbsp of veg oil ( check you are using the correct spoon) \* Tablespoon is bigger than a teaspoon

3 tsp salt ( check you are using the correct spoon )

### **METHOD**

Sift the flour into a large mixing bowl. Add the salt.

Add the warm water and the oil, a little at a time, continue mixing with a wooden spoon until there is no lumps.

If it is too sticky add a little more flour. If it is crumbly, add more water....slowly.

Prepare a clean dry area on the work bench.

Turn the dough out, form a large ball using your CLEAN, DRY hands.

Break the dough into small balls, using your CLEAN! Hands, press out into oval shapes, about .05cm thick.

Heat electric frying pan to high, add 2 tsp of veg oil.

Cook the flatbread in batches, turning after 1 minute cooking on each side.

Tear into bite size pieces ready to eat with the dip.