

# FLATBREAD FUEL

THIS IS A FUN ONE!

## ALL YOU NEED:

- 1 cup non-fat, plain Greek yogurt
- 1 cup whole wheat flour (recipe also works with gluten free flour or self-rising flour)



## ALL YOU DO:

1. Mix yogurt and whole wheat flour until dough forms a ball.
2. Flour surface and divide ball into 4 pieces.
3. Roll out dough, 1 piece at a time into flat circle, flouring when necessary.
4. Heat pan over medium and spray with cooking spray or canola oil.
5. Toast dough until sides are golden brown.
6. Eat plain or create recipe from flatbread!
7. Pizza, chicken wrap, garlic flatbread or simply add some peanut butter.

## NUTRITION FACTS PER SERVING:

Calories: 145 kcal Protein: 9.5 g Carbohydrate: 26 g Fat: 0.5 g Fiber: 4 g