



# flat bread

## SERVINGS

about 6

## TIME

hands-on time 45 minutes  
total time 2.5 hours

## INGREDIENTS

- 1 ¼ cup warm water (between 100-110°F)
- 1 ½ teaspoons active dry yeast
- 1 ½ teaspoons sugar
- 3 cups flour
- 1 teaspoon salt
- 1 tablespoon olive oil

## EQUIPMENT

- Cast iron skillet or baking sheet
- Large bowl with something to cover
- Spatula
- Measuring cups and spoons
- Cutting board and bench scraper

## DIRECTIONS

- Heat water and whisk in yeast until it dissolves. Sprinkle sugar on top. Let sit for about 5 minutes. The yeast should rise.
- Add yeast mixture to a large mixing bowl along with the flour, salt, and olive oil. Use a spatula to combine and then use your hands until the dough forms a ball.
- Knead the dough on a floured cutting board for a few minutes.
- Oil the inside of the bowl and place dough back inside. Cover and let rise for 30-45 minutes.
- Heat a cast-iron skillet over medium heat or preheat oven to 400°F. Take about ¼ of the dough out of the bowl and roll it out with a rolling pin. Place on hot, oiled pan and cook a few minutes per side, flipping once it starts to brown. Repeat with remaining dough. If using oven instead, place all pieces on the baking sheet and bake for about 10 minutes. Remove from oven and flip, then bake about 5 more minutes on the other side.

## TIPS TO INVOLVE THE KIDS

- Wash your hands and designate an area to get a bit messy.
- Let kids mix the yeast and watch it foam. Let them measure the rest of the ingredients and make the dough.

## EXTRA!

- Serve the flat bread with our hummus or spinach dip.

