

# Flat Bread

20 minutes | 6 servings

Full of protein

## Ingredients

- 1 cup all purpose flour
- 3/4 cup greek yogurt
- 2 rosemary sprigs
- 1.5 tsp baking powder
- 1/2 tsp salt

## Preparation

1. Mix dry ingredients and add Greek yogurt. Knead for 4 minutes by hand.
2. Let sit in a hot area for 15 minutes.
3. Cut into fours and roll out on cutting board.
4. Cook on griddle for 2 minutes on each side.
5. Add herbs, if desired.

## Swap

**Instead of this:**

all purpose flour  
rosemary  
salt

**Use this:**

whole grain flour  
thyme  
sea salt

## Nutritional information per serving

Calories **120 kcal**  
Protein **9g**  
Total Fat **1g**

Saturated Fat **0.2g**  
Sodium **160mg**

Total Carbohydrates **20g**

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