

Flat Breads

DAIRY FREE, GLUTEN FREE, EGG FREE, SUGAR FREE, GRAIN FREE

THM-Friendly: 1 full recipe is 10 grams fat, 3 net carbs and 15 grams of protein.

- 1/2 cup THM Baking Blend
- 1 Tbsp. xanthan gum
- 1/3 cup lupin flour
- 1/2 tsp. mineral salt
- 1/4 tsp. THM Super Sweet (or another sugar-free sweetener)
- 6 Tbsp. water (plus more as needed)

Mix the ingredients together to form a soft dough. The dough should stick together well, but not be so sticky that it is sticking to your hands. If you need to add additional water, do so with just a tsp. at a time.

Once the ball is formed, divide it into 2 or 4, depending on how large you want your flatbread. Press out with a tortilla press between parchment paper, or roll out with a rolling pin.

Warm a skillet over medium-high heat. Cook each side of flatbread for 3-4 minutes. You can use cooking spray to add a bit of browning on the flatbread. Cool completely and store in the fridge.

enJOY!

