

Coconut Chive Flatbread

7 ingredients · 15 minutes · 4 servings



Directions

1. In a mixing bowl, combine the flour, psyllium husk, dried chives, baking soda and salt.
2. Add the oil and water. Knead with your hands and form a ball. The texture should be soft and elastic, but not sticky. If the dough is too wet, add more psyllium husk. If it is too dry, add water.
3. Cut the dough into the according number of recipe servings. Roll into balls.
4. Place one dough ball between two sheets of parchment paper and use a rolling pin to roll it out evenly to approximately 8 inches wide. Repeat until the remaining balls of dough are shaped.
5. Very lightly grease a cast iron or non-stick pan and place over medium-high heat. Cook for 2 to 3 minutes. Flip and cook for another 1 to 2 minutes. Grease the pan as needed and repeat until all servings are cooked. Enjoy!

Ingredients

- 1/2 cup** Coconut Flour
- 2 tbsps** Psyllium Husk Powder
- 1/4 cup** Dried Chives
- 1/4 tsp** Baking Soda
- 1/2 tsp** Sea Salt
- 1 tbsp** Extra Virgin Olive Oil (plus extra for greasing)
- 1 cup** Water (warm)

Notes

Leftovers

Stack between layers of parchment paper and refrigerate in an airtight container or storage bag for up to five days. Freeze for up to one month. Reheat on a pan or in the oven for best results.

Serving Size

One serving is equal to one 8-inch flatbread.

More Flavor

Add your choice of herbs or spices to the flour before mixing.

Serve it With

Grilled chicken, tofu, roasted chickpeas, fresh veggies and tzatziki sauce.