



Sweet Unleavened Flat Bread

INGREDIENTS

1. 1 cup of spelt or wholemeal flour
 2. Water
 3. 1 tsp sea/pink salt
 4. 2 lbs honey or agave
 5. Dash of dairy-free milk (optional)
- For savoury bread, omit honey &, add herbs i.e. Rosemary.

DIRECTIONS

1. Combine flour, salt and honey. Add in water bit by bit with a dash of the milk and mix then knead until soft and pliable.
2. Prepare a clean and floured surface, pick tennis sized amount of dough and roll out flat.
3. Medium heat, lightly oiled pan (can use more oil) and fry each sides for 1 mins.
4. Put on kitchen towel to drain excess oil.
5. Enjoy!

Sarah

Recipe: Abigail Christine IUIC London
Edits: Tehila Israel IUIC Los Angeles