



The Kitchen at Second Harvest No Yeast Flatbread

try at home recipe

Recipe modified from avirtualvegan.com

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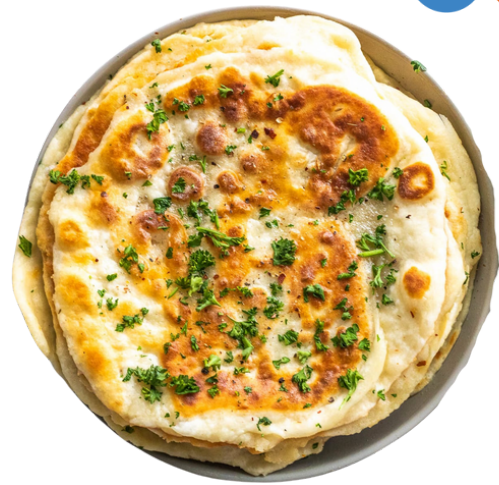


Ingredients

- 2 cups all purpose flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp salt
- 1 tsp white or cane sugar
- 1 cup milk
- 1 Tbsp liquid oil

Yield: 4 large flatbreads

Serving Size: 1 flatbread



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and ways to get involved!



secondharvestkitchen.org

Directions

1. Mix flour, baking powder, baking soda, salt & sugar in a large bowl.
2. Add about 3/4 of the milk. Mix well, then gradually add the rest of the milk until slightly tacky (not sticky) dough is formed. Knead into a smooth ball.
3. Transfer dough to a floured surface and cut into 4 evenly sized pieces. Shape each into a ball, sprinkle with flour, and roll into a circle about 1/4 inch thick.
4. Heat skillet over medium heat and pour in a little oil. When the pan is hot, brush the flatbread with oil and place oil side down on the pan. Brush top with additional oil. After 3 minutes, flip and cook other side for about 2 minutes. Cook until both sides are golden brown.



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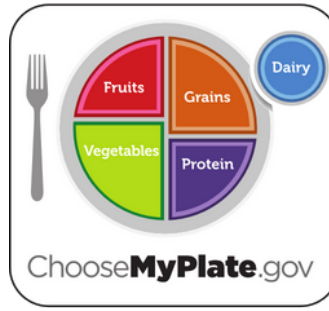
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Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



The **Dairy** Group includes milk, yogurt, cheese, lactose-free milk and fortified soy milk and yogurt.



Foods made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a **grain** product. Bread, pasta, breakfast cereals, grits, and tortillas are examples of grain products. Foods such as popcorn, rice, and oatmeal are also included in the Grains Group.

Cooking Tips

- Use this flatbread to make homemade pizzas!
- Top with garlic and your favorite herbs: rosemary, Italian seasoning, etc.

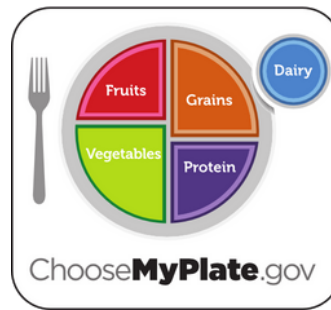
This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.



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Nutrition Facts

Nutrition Facts	
4 servings per container	
Serving size	1 Flatbread
Amount Per Serving	
Calories	280
<small>% Daily Value*</small>	
Total Fat 4g	5%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1020mg	44%
Total Carbohydrate 52g	19%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 8g	16%
Vitamin D 0.8mcg	4%
Calcium 221mg	15%
Iron 3.24mg	20%
Potassium 141mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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