

# Flat Bread!

## You will need:

1 cup all-purpose flour  
½ cup plain Greek yogurt  
2 teaspoon olive oil  
1½ teaspoons baking powder  
1 teaspoon salt  
A little water if necessary  
A couple of bowls  
A plate  
A stirring spoon  
Rolling pin  
Cast iron skillet  
Spatula



- Put the flour, baking powder and salt into a mixing bowl.
- Add the yogurt and 1 teaspoon oil and stir/mix until it starts to come together.
- If it's too dry add a tiny bit of water at a time.
- Pick it up with your hands. Work it until you have a ball that doesn't stick to you too much,
- Put everything on a work surface with a little flour.
- Knead it until it is a nice ball that's just a tad sticky.
  
- Lightly spray a clean bowl with cooking spray. Lightly!
- Put the dough in a bowl and cover the bowl with a plate.
- Let the dough sit for at least 30 minutes.
  
- Go back to your work surface. Lightly flour.
- Take half the dough and spread it out with a rolling pin or tall glass.
- Make a circle about 8 inches or so—it has to fit in your pan!
- Put your other teaspoon of olive oil in the cast iron skillet and turn on the heat to medium.
  
- Drop your dough circle into the skillet.
- When bubbles form on the top (usually about 5 minutes,) turn it over.
- Check after 3 minutes to see if the brown spots are forming on the bottom.
- When you're happy with your bread, spatula it onto a plate.
- Do your second dough ball the same as the first!