

# Coconut Chive Flatbread

4 SERVINGS 15 MINUTES



## 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)

## NUTRITION

### AMOUNT PER SERVING

Calories	91	Cholesterol	0mg
Fat	5g	Sodium	405mg
Carbs	8g	Vitamin A	137IU
Fiber	5g	Vitamin C	1mg
Sugar	1g	Calcium	8mg
Protein	2g	Iron	2mg

## DIRECTIONS

- 01 In a mixing bowl, combine the flour, psyllium husk, dried chives, baking soda and salt.
- 02 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.
- 03 Cut the dough into the according number of recipe servings. Roll into balls.
- 04 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.
- 05 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!

## 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.