



## **Hand Held Flat Breads**

2 cups bread flour  
1 teaspoon quick rise instant yeast  
1 teaspoon salt  
1 teaspoon granulated sugar  
1/4 teaspoon baking soda  
1 Tablespoon oil  
1 Tablespoon plain all natural yogurt  
3/4 cup warm water (about 115 degrees F)  
1 Tablespoon oil  
Coarse salt as desired

Combine 2 cups flour, yeast, salt, sugar, and baking soda in mixing bowl. Add oil, yogurt, and warm water, beat with mixer to combine ingredients. Knead dough about 3 minutes or until dough is smooth.

Place dough in greased bowl, turn dough over; cover bowl with plastic wrap or light towel; let rise about 1 hour or almost double.

Remove dough from bowl; separate dough into 6 equal parts; cover with towel.

To shape breads: Roll piece of dough into a ball, flatten, stretch and roll into 6 to 8 inch round. Place each rolled dough rounds on cookie sheet; lightly cover with plastic wrap. Reroll each bread right before frying.

Immediately, fry each bread round in large ungreased hot skillet or griddle. Cook about 1 to 2 minutes per side on medium heat until golden brown. Brush hot bread lightly with olive oil; sprinkle with coarse salt as desired.

Yield: 6 individual flat breads

**About the Recipe:** This is a recipe that you will just love. They only need to rise once and cook quickly. You can save the breads and then just warm them for later serving. They have a light fluffy texture and anything you wrap up in them is delicious.

Inspired by: <http://recipeshoebox.blogspot.com/2010/12/christmas-in-bethlehem-menu-and-recipes.html>