

PaediaSure Shake

Balanced nutrition for the fussy eating phase



FRISBEE FLATBREADS

MAKES: 12

Ingredients

- 350g self-raising flour
- 1 tsp baking powder
- Salt
- 350g natural yoghurt

Method

1. Add all the flatbread ingredients into a mixing bowl and mix with a spoon; use clean hands to pat and bring everything together.
2. Dust a clean work surface with flour and tip out the dough. Knead for a couple of minutes.
3. Put the dough into a flour-dusted bowl and cover with a plate and leave aside for approximately 15 minutes.
4. Dust a clean work surface and rolling pin with flour, then divide the dough in half and divide each half into 6 equal-sized pieces (roughly the size of a golf ball each).
5. Flatten the dough with your hands; use a rolling pin to roll each piece into circles roughly 2-3 mm thick.
6. Use a knife to lightly score several lines into the centre of each dough circle.
7. Place the griddle pan on a high heat, then once hot, cook each flatbread for 1-2 minutes on each side, until puffed up.

TIP: You can cook these on the barbecue too!