

Whole Wheat Flatbreads

PREP TIME: 20 min + 60 min resting | COOK TIME: 10 min

SERVINGS: 22 (5" diameter each) | PER SERVING: **127** Calories

Ingredients

1 package active dry yeast
(0.25 ounce)
1 cup water, warm
1/4 cup sugar
3 Tbsp. buttermilk
1 egg, beaten
2 tsp salt
1 cup whole wheat flour
3 1/2 cups bread flour
1/4 cup olive oil

Tips

Don't have whole wheat flour?
No worries, just replace even amounts of AP flour with the whole wheat flour portion in this recipe. It'll still be delicious!



Exclusive Recipe by **Chef Ryan Hutmacher**, Centered Chef Founder & Winner of ABC's "The Chew: Search for the Weight Watchers Chef"



METHOD

In a large bowl, dissolve yeast in warm water. Let stand about 10 minutes, until frothy.

Stir in sugar, milk, egg, salt and then one cup at a time, add the flours to make a soft dough. Knead for 6 to 8 minutes on a lightly floured surface (or in a bowl of a stand mixer with dough hook attachment, at low speed), until smooth. (With humidity as a factor, slightly more or less flour may be required.)

Place dough in a well-oiled bowl, cover with a damp cloth or plastic film. Set aside to rise at room temperature for 1 hour, until the dough has doubled in volume.

After the first rising, punch down dough and begin to pinch off small handfuls of dough about 2" in diameter. Roll into balls, and place on a tray. Cover with a towel, and allow to rise until doubled in size, about 30 minutes. During the second rising, preheat a grill pan or sauté pan to high heat.

With a rolling pin, roll out a small ball of dough into a thin circle that eventually reaches 5". Lightly oil your cooking surface with pan spray. Place dough in the pan, and cook for 1–2 minutes, or until puffy and lightly browned. Spray the uncooked side with pan spray, and turn over. Let cook another 1–2 minutes until both sides are lightly browned.

Remove from pan and continue process until all the flat bread has been prepared.

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