



Gram Flour Flatbreads

Courtesy of a DF member, these gluten, wheat free low GL flatbreads sound delicious. We'd love to hear your feedback.

Serves : 4

Ready In : 20 minutes or less

Ingredients

- 100g gram flour
- Pinch of salt
- 110ml water
- Olive oil for frying

Instructions

- Mix all ingredients together (not the oil) until you have a smooth batter.
- Leave to rest for 10 minutes.
- Lightly oil your frying pan and heat on the hob (as if making pancakes).
- Pour 2 - 3 spoonfuls of the batter into the hot pan, and spread with the back of a spoon.
- When a nice light brown underneath flip over.
- Serve warm or cold, and can be stored in an airtight tin for a few days, though they do not keep as soft as breads that contain gluten.

We don't usually add salt to any of our recipes, but with breads and some flours it really needs a little bit to help the process along.

We think that the addition of a pinch of spice or herbs to the mix will add lovely flavour and interest too.

You can use this recipe with other flours, we're going to try it with stoneground spelt and see how it goes! If you get there before us or have any feedback please do .

Gram and other speciality flours are widely available in supermarkets and health food shops, or you can get them online at .

We're getting good feedback on these wraps.

Diet Freedom member Simon says:

"I tried the gram flour flatbreads and added some dried parsley, a really good grinding of black pepper and a sprinkling of chilli powder. Really tasty with just a little kick to it."

Diet Freedom member Claire says:

"These are just great brushed with a little garlic infused olive oil too!"

Janet popped over an email to let us know that she found the batter to be quite thick and added more than 110ml water.

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