

VITALITY

Sandwiches

Flat Bread



Ingredients

- 1 ½ cups blanched almond flour
 - ¾ cup tapioca flour
 - 1/3 cup (2 TBS whole seeds) ground flax or ground chia seeds (Optional)
 - 7 drops liquid stevia
 - ½ teaspoon baking soda
 - ½ teaspoon sea salt
 - 4 organic eggs
 - 1/3 cup plain organic yogurt, preferably Greek yogurt or low fat
 - Any dried herbs, Italian seasoning or whatever seasoned salt you like.
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Directions

1. Pre-heat oven to 350°.
2. In a large bowl, combine almond flour, tapioca, ground flax or chia (optional), baking soda and salt.
3. In a small bowl, blend eggs, Stevia and yogurt with an electric mixer for about 30 seconds.
4. Add the egg mixture into the dry ingredients and use mixer or stir to combine until it forms a sticky, wet dough.
5. Pour batter onto a 12×16 jelly roll pan/cookie sheet lined with parchment paper or a silicon baking mat. Smooth batter out with a spatula over the entire surface area, so it is thin and even.
6. Sprinkle herbs or whatever seasoning you like evenly over dough.
7. On center rack of oven, bake at 350° for 8 minutes, or until a toothpick inserted into the center comes out clean. Don't over bake or it will be too dry.
8. Cool and cut into desired size. I like using a pizza cutter to do this.