

# Flatbread soldiers & green dip

Serves: 12



Makes: 12

Equipment:



Mixing bowl,  
spoon,  
plate,  
fork,  
chopping board,  
knife,  
medium bowl,  
non-stick frying pan,  
teaspoon

Ingredients:



## For the flat bread

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

## For the dip

- 2 ripe avocados
- 1 small red onion
- 6 ripe cherry tomatoes
- 1 lime



Method:



1. Add all of the flatbread ingredients to the mixing bowl. Using the spoon bring all the ingredients together and mix until you have a rough dough.
2. Dust a clean work surface with flour and tip out the dough. Using clean hands knead the dough for 1-2 minutes. Add the kneaded dough back into the flour dusted bowl, cover with a plate and set aside.
3. Now move onto the green dip. Destone the avocados and scoop out the flesh onto the chopping board. Finley chop the avocado, red onion and cherry tomatoes and add to the medium sized bowl. Add the juice of one lime and stir, set aside.
4. Preheat a non-stick pan. Return to the dough, separate the mixture into 12 even sized balls. Flatten each ball of dough with our hands and add to the hot dry pan. Cook for 2 minutes on each side or until the bread is golden brown and crispy. Once cooled serve the flatbreads alongside the green dip.