

Low Histamine Flat Bread

240g Gluten free flour - I use half/half: oat flour and hulled buckwheat flour but use whichever gluten free flour suits you.

1 teaspoon baking powder.

250g Quark

Pinch of salt

Optional - 2 teaspoons psyllium husk powder

Optional - 1 teaspoon dried herbs and/or spices

1 teaspoon extra virgin olive oil to cook with

- Mix all ingredients in a bowl, when it starts to come together use your hands to bring it all into a slightly sticky ball.
- On a floured surface knead the dough briefly until smooth and no longer sticky; it does not need to be kneaded for long as it is not a yeast based dough. Use straight away or place back in bowl and cover and allow to rest for 30 mins. Note - this bread does not need kneading, so don't over work it.
- Roll out to whatever size you prefer, I like to make small ones with a diameter of 10cm. Roll them out to be thin, about 1.5-2cm thick.

To cook the flatbreads in a frypan/skillet:

- Add 1 teaspoon of extra virgin olive oil to a frypan; Warm the frypan on high heat so it becomes hot.
- Then turn the heat to medium and cook a portion of flat bread for approximately 1-2 minutes on one side and then flip for 1 minute on the other side.
- If you are unsure about whether the bread is cooked, pull your first one from the pan and as soon as it is cool enough to touch, pull it apart and check it has cooked through. It usually cooks very fast so unlikely to still be doughy in the centre. This, I hope, will give you confidence to cook up the rest of the batch.
- Cook up all the mixture as it does not keep well beyond a couple of hours and does not freeze well.
- I prefer to eat these flat breads whilst warm, just after cooking, because they taste best then! They don't keep well beyond the day they are made because they go quite hard.

