

Rainbow Flatbreads



We found this recipe in the 'Green Kitchen At Home' by David Frenkiel and Luise Vindahl and it has literally changed the whole way we view bread. Not only is it fantastic on it's own with a little olive oil, but it makes a beautiful sandwich (recipe coming soon) and an even better pizza. So simple to make too.

Ingredients:

Broccoli Flatbread

1 large broccoli (approx 500g) head, with stalks trimmed

1 cup almond meal

1 teaspoon dried herbs (we used oregano and basil)

Sea salt and freshly ground black pepper to taste

4 free-range eggs

Method:

1. Preheat your oven to 200°C and line a large baking tray with baking paper.
2. Roughly chop the broccoli and place it in a food processor blending until the texture resembles breadcrumbs.
3. Transfer the 'broccoli' crumbs to a medium sized mixing bowl then add the rest of the dry ingredients, seasoning with salt and pepper and mixing well.
4. Make a well in the centre of the broccoli mix and crack the eggs into the well. Using a fork, whisk the eggs before gradually incorporating the dry ingredients from the outside.
5. Work the loose dough using your hands until it comes together and then shape it into a ball.
6. Transfer the dough to the lined baking tray and, using your hands, flatten the dough into a rectangle about 7.5mm thick.
7. Bake in the oven for about 25 minutes, or until slightly golden and firm.
8. Remove from the oven and set aside to cool completely before turning upside down to carefully remove the baking paper.
9. Cut into roughly 10 x 4cm slices.
10. Store the flatbreads in the fridge in an airtight container and they will keep for a few

days.

Making Beetroot and Carrot Flatbreads

To make beetroot flatbread, replace the broccoli quantity with equal amounts of cauliflower and grated beetroot.

To make the carrot flatbread, replace the broccoli quantity with equal amounts of cauliflower and carrot.

For both these recipes, follow the instructions for the broccoli flatbread above.

Gluten Free | Dairy Free | Refined Sugar Free

Original Recipe from Green Kitchen Stories [here](#)