

Recipe for

Roti flatbread

INGREDIENTS

2 to 2 1/2 c. self rising flour
1/2 c whole wheat flour (optional)
2 tbsp. vegetable oil, plus 1 tsp.
1 c. warm water

Optional: melted butter



NUMBER OF SERVINGS: 8-10

SERVING SIZE: 1 PIECE

CALORIES PER SERVING: 128

DIRECTIONS

1. Place flour(s) in a bowl
2. Stir in 2 tbsp. vegetable oil
3. Add warm water slowly and stir until the dough forms a ball
4. Rest the dough on a floured surface for 10 minutes covered in a damp towel
5. Roll into a large circle. Brush 1 tsp. oil across the circle
6. Roll the dough up into a tube
7. Cut into 8-10 equal portions rolled into balls. Cover with a damp cloth and rest for 5 minutes
8. Roll a portion out as thinly as possible
9. Cook in a skillet over low-medium heat, turning once
10. Brush with melted butter (optional)
11. Place each roti in a colandar and cover with a damp cloth. This helps keep them soft until ready to serve.