



V-LEARNING

COMMUNITY

### **Flat Bread, Pancake, Pizza or Pie Crust**

Simple bread recipe that can be used for open flat bread sandwiches, pancakes, pizza, or pie crust.

- 1 1/2 cups of flour
- 1 cup of water

Add flour and water to blender to create batter. Pour batter onto a pan or skillet and bake until cooked all the way through.

*Optional:* use a dry blender to create flour from a single source or a combination. My preference is to use a mix of grains, legumes, nuts, and seeds.

- Grains: millet, quinoa, amaranth, teff, sorghum, kamut, fonio, rolled oats, and buckwheat
- Legumes: chickpeas, black, kidney, great northern, cannellini, adzuki, navy, soy, mung, fava, and pinto.
- Nuts: brazil, walnut, pine, cashew, pecan, and almonds
- Seeds: chia, flax, pumpkin, sunflower, sesame, and hemp

*Optional:* add spices for desired taste like nutritional yeast, dill weed, Himalayan pink salt, black salt, pumpkin spice, rosemary, oregano, basil, thyme, garlic, onion, mustard seed, turmeric, chili, or dates

