

TEFF & OAT FLATBREAD WITH GARLIC AND ROSEMARY



TIME REQUIRED

25

SERVING

8 wedges

STEPS

- Preheat oven to 375°F.
- Mix all ingredients into a thick batter.
- Spread onto parchment in a thin circle.
- Bake 18–20 minutes until edges are crisp.
- Cut into wedges and serve warm.

INGREDIENTS

- ½ cup teff flour (alternatively can substitute with spelt flour, but use one cup and eliminate oat flour)
- ½ cup oat flour
- 1 tsp baking powder
- ¼ tsp sea salt
- ¾ cup water
- 1 tsp chopped fresh rosemary
- 1 clove garlic, finely grated
- water

TIP:

- Water: Spelt absorbs slightly differently — start with about ½ cup water and add more gradually until the dough is soft but not sticky.
- Texture: The flatbreads will be a bit lighter and less earthy in flavor than teff.
- Gluten: Spelt contains gluten, but it's more delicate than wheat; handle gently when mixing and shaping.

PS

A quick bread that tastes artisan. Rosemary and garlic fill the air like a holiday candle — minus the oil, minus the guilt. Spelt adds a slightly nutty, mildly sweet flavor and gives a tender bite. It's still higher in protein and fiber than all-purpose flour, so it keeps blood sugar steadier than traditional flour flatbreads. Perfect for garlic and rosemary flavorings. Watch closely as spelt can brown a bit faster than gluten-free flours.