

Flat Bread Recipe

Ingredients:

½ cup coconut flour

½ cup tapioca flour

¼ cup coconut oil

¾ cup water (boiled)

Mix coconut and tapioca flours and coconut oil in a large bowl. Slowly add boiled water stirring mixture to break up lumps with a fork. Form into a dough ball. You can either preheat an oven to 375 degrees F and press dough onto a cookie sheet covered with parchment paper and bake for 20-25 minutes. Alternatively you can split the dough in half and form it into a flattened round and cook for 3 minutes on each side in a skillet with a little bit of oil.