

## GF / CF All Purpose Flat Bread

Mix together and set aside:

2 C amaranth flour

1/2 C quinoa flour

1/2 C tapioca starch

2 t aluminum free baking power \*Recipe below

1 t baking soda

1/2 t sea salt

Mix together in a separate bowl:

2 T honey

1 t vinegar

2 large eggs

1 3/4 C water

Blend flour and water mixtures together well. Add a small amount of water or flour to change the thickness, if desired.

Use a small amount of coconut oil or olive oil (I use the spray can):  
Pour 1/4 C of batter onto greased pan, tilting pan to spread batter into larger circle for thinner breads. Heat on medium heat until bubbly. Flip over and fry on other side.

This recipe makes 10—12 flat breads.

My son absolutely LOVES these:

Thicker slices: with peanut butter and honey or fruit spread or with ham and almond cheese for lunch or a snack; in a stack with coconut butter and maple syrup for breakfast or dip in egg to make French toast!

Thinner slices: with rolled up with ham or salami and almond cheese inside for lunch or a snack; rolled up with baked apple slices and cinnamon or fill as desired and serve as a breakfast burrito!

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