



## Flatbread

### Ingredients

120 g sorghum flour  
60 g chickpea flour  
10 g milled chia  
10 g milled flax  
5 g avocado powder  
5 g baking powder  
3 g salt  
15 g olive oil  
180–240 mL warm water  
Whole Chia & Whole Flax  
for topping

Yield: 6 flatbreads

1. In a large bowl, whisk together sorghum flour, chickpea flour, milled chia, milled flax, avocado powder, baking powder, and salt.
2. Add olive oil and warm water gradually, mixing until a soft, pliable dough forms. Dough should be moist but not sticky.
3. Divide dough into 6 equal portions.
4. Roll each portion between parchment sheets into thin rounds (approximately 6"–7").
5. Gently press flax and chia topping onto one side of each flatbread so it adheres to the surface.
6. Heat a non-stick skillet over medium heat. Cook flatbread topping-side down for 2–3 minutes, then flip and cook an additional 1–2 minutes until lightly browned and cooked through.
7. Allow flatbreads to cool slightly before serving or packaging.