**Flat Bread**

Mix together in a large bowl:

300g SR flour

½ tsp bicarb of soda

1 tsp salt

1 tsp of your favourite herbs or spices (optional)

Stir in:

300 g natural yoghurt

Form a soft dough

Leave for 5 min.

Divide into 10 small balls

Press or roll out each one on a floured surface into a round about the thickness of a £1 coin.

Cook on a hot cast iron skillet or hot coals – a couple of minutes each side. They are done when they begin to bubble and puff up.