

Coconut flour flatbread



4.97 from 82 votes

Coconut flour flatbread Ketogenic flatbread perfect as a side to curries or a low carb tortillas wraps.

100% Vegan + eggless + gluten free soft breads.

Prep Time

10 mins

Cook Time

5 mins

Total Time

15 mins

Course: lunch Cuisine: American keyword: Coconut flour flatbread Servings: 6 flatbreads Calories: 66kcal

Author: Carine

Ingredients

- 2 tablespoons psyllium husk (9g)
- 1/2 cup coconut flour fine, fresh, no lumps (60g)
- 1 cup lukewarm water (240ml)
- 1 tablespoon olive oil (15ml)
- 1/4 teaspoons baking soda
- 1/4 teaspoons salt - optional

Cooking

- 1 teaspoon olive oil to rub/oil the non stick pan

Instructions

Make the dough

1. In a medium mixing bowl, combine the psyllium husk and coconut flour (if lumps are in your flour use a fork to smash them BEFORE measuring the flour, amount must be precise).
2. Add in the lukewarm water (I used tap water about 40C/bath temperature), olive oil, and baking soda. Give a good stir with a spatula, then use your hands to knead the dough. Add salt now if you want. I never add the salt in contact with baking soda to avoid deactivating the leaving agent.
3. Knead for 1 minute. The dough is moist and it gets softer and slightly dryer as you go. It should come together easily to form a dough as on my picture. If not, too sticky, add more husk, 1/2 teaspoon at a time, knead for 30 sec and see how it goes. The dough will always be a bit moist but it shouldn't stick to your hands at all. It must come together as a dough.
4. Set aside 10 minute in the mixing bowl.

5. Now the dough must be soft, elastic and hold well together, it is ready to roll.

Roll/ shape the flatbread

1. Cut the dough into 4 even pieces, roll each pieces into a small ball.
2. Place one of the dough ball between two pieces of parchment paper, press the ball with your hand palm to stick it well to the paper and start rolling with a rolling pin as thin as you like a bread. My breads are 20 cm diameter (8 inches) and I made 6 flatbread with this recipe.
3. Un peel the first layer of parchment paper from your flatbread. Use a lid to cut out round flatbread. Keep the outside dough to reform a ball and roll more flatbread - that is how I make 2 extra flatbread from the 4 balls above!

Cook in non stick pan

1. Warm a [non stick tefal crepe/ pancake pan](#) under medium/high heat- or use any non stick pan of your choice, the one you would use for your pancakes.
2. Add one teaspoon of olive oil or vegetable oil of your choice onto a piece of absorbent paper. Rub the surface of the pan to make sure it is slightly oiled. Don't leave any drops of oil or the bread will fry!
3. Flip over the flatbread on the hot pan and peel off carefully the last piece of parchment paper.
4. Cook for 2-3 minutes on the first side, flip over using a spatula and cook for 1-2 more minute on the other side.
5. Cool down the flatbread on a plate and use as a sandwich wrap later or enjoy hot as a side dish. I recommend a drizzle of olive oil, crushed garlic and herbs before serving ! (optional but delish!)
6. Repeat the rolling, cooking for the next 3 flatbread. Make sure you rub the oiled absorbent paper onto the saucepan each time to avoid the bread to stick to the pan.
7. Store in the pantry in an airtight box or on a plate covered with plastic wrap to keep them soft, for up to 3 days.
8. Rewarm in the same pan or if you want to give them a little crisp rewarm in the hot oven on a baking sheet for 1-2 minutes at 150C.

Notes

Blue color ? Some psyllium husk bran turns out blue or purple when cooked. Mine doesn't (see [here](#)) try different brand to find out the one that is right for you. If your wraps turns out blue or purple, you can still eat the wraps, the color is a natural reaction from the husk, that is all. It doesn't change the flavor or properties of the recipe.

Recipe size: I made 6 flatbread with this recipe - I reused the border of the 4 flatbread cut into round shape to reform 2 extra flatbread. Feel free to double up the recipe to make more flatbread!

Storage: store in the pantry up to 3 days onto a plate covered with plastic wrap to keep them soft or in the fridge up to 5 days.

Rewarm tips: they are softer when cold and stored few days. i rewarm mine in the pan or in hot oven or if I make a sandwich wrap, in a toaster press.

Freeze: you can freeze them as you will freeze regular flatbread. Rewarm in the oven or in a sandwich toaster to give them a little crisp

Net carbs is carbs minus fibre, 2.6 g net carbs per flatbread in this recipe

Nutrition

Serving: 1 flatbread | Calories: 66kcal | Carbohydrates: 7.3g | Protein: 2g | Fat: 3.3g | Fiber: 4.7g | Sugar: 2g