



Simple Flatbread Unleavened

Ingredients:

- 2 cups whole wheat flour
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 3/4 cup warm water (add gradually)

Optional:

- 1 teaspoon dried herbs (thyme or oregano)
- Extra olive oil for brushing



Serves: 6-8 flatbreads | Prep Time: 10 min | Cook Time: 10-12 min | Total Time: ~25 min

Man shall not live by bread alone, but by every word that comes from the mouth of God (Matthew 4:4)



Please be mindful of any food allergies or dietary restrictions when preparing, eating, or serving this recipe, as it may contain ingredients that are not suitable for everyone.

Directions:



Step 1: Prepare the Dough

- In a large bowl, combine flour and salt.
- Add olive oil and slowly pour in warm water, mixing until a soft dough forms.

Step 2: Knead Gently

- Turn dough onto a lightly floured surface.
- Knead for 2-3 minutes until smooth.
- Divide dough into 6-8 equal portions and roll into balls.

Step 3: Roll Flat

- Using a rolling pin, flatten each ball into a thin circle, about 6 inches wide.

Step 4: Cook the Flatbread

- Heat a dry skillet or cast-iron pan over medium heat.
- Cook each flatbread for 1-2 minutes per side until bubbles form and light brown spots appear.

Step 5: Bake

- Preheat oven to 350°F (175°C).
- Grease an 8x8 inch pan, loaf pan, or use a muffin tin for individual cakes.
- Pour in the batter and spread evenly.
- Bake for 25-30 minutes, or until a toothpick inserted in the center comes out clean.

Serving Suggestions



- Enjoy plain, torn and shared
- Serve with olive oil and herbs
- Pair with lentil stew, roasted vegetables, or hummus
- Use as a base for simple toppings or wraps

Storage Tips

Room Temperature:

- Store cooled flatbreads in an airtight container or wrapped in a clean kitchen towel for up to 2 days.

Refrigerator:

- For longer storage, place flatbreads in a sealed container or zip-top bag and refrigerate for up to 5 days. Reheat briefly in a dry skillet or microwave before serving.

Freezer:

- Stack flatbreads with parchment paper between each one and store in a freezer-safe bag for up to 1 month. Thaw at room temperature and warm in a skillet for best texture.

Reheating Tip:

- Warm flatbread in a dry pan over medium heat for 30-60 seconds per side to restore softness and light char.

Dietary Modifications



Gluten-Free

- Replace whole wheat flour with a 1:1 gluten-free flour blend.
- Add 1/4 teaspoon xanthan gum if not included

Vegan

- Recipe is naturally vegan.

Low Sodium

- Reduce salt by half or omit entirely.



Faith At the Table

Shiphrah and Puah lived out their purpose through quiet obedience. As you prepare this simple bread, reflect on how God often uses ordinary faithfulness to fulfill extraordinary purposes.

Reflection Prompt

Where is God inviting you to obey—even when the moment feels small?

Closing Prayer

Lord, thank You for daily provision and purposeful calling. As this bread nourishes the body, may Your Word nourish our hearts. Teach us to walk in obedience, trusting that even simple acts of faith can shape generations.

Amen.