Cinnamon Raisin Yogurt Flatbreads

4 small flatbreads; 1 flatbread with 75 g yogurt per serving | Active 30 min | Cook 24 min | Total 55 min

Ingredients

• About 1 3/4 cups whole-wheat flour (220 g), divided: 200 g for dough and 20 g for rolling

• 2 teaspoons baking powder (8 g)

• 2 teaspoons ground cinnamon (4 g)

• 1/3 teaspoon fine salt (2 g)

• 2 cups plain nonfat Greek yogurt (500 g), divided: 200 g for dough and 300 g to serve

• 2 tablespoons water (30 ml/30 g)

• 1/3 cup raisins (60 g)

• 2 teaspoons olive oil (10 ml/9 g), for brushing

Set out

Mixing bowl, Kitchen scale, Rolling pin, 12-inch/30 cm nonstick or well-seasoned frying pan, Pastry brush, Spatula, Clean tea towel, Food thermometer

Allergens

Wheat, Milk. Check labels and substitutions.

Make it

1. Mix 200 g flour with baking powder, cinnamon and salt. Stir in 200 g yogurt and the water. Bring together by hand, then gently knead in the raisins. Cover and rest for 10 minutes.

2. Divide the dough into 4 equal pieces. Using the reserved 20 g flour across all four pieces, roll each into an even round about 6 inches/15 cm across and 1/4 inch/6 mm thick. Tuck protruding raisins back into the dough.

3. Warm the pan over medium-low heat. Divide the oil across both sides of all four rounds with a brush. Cook the first flatbread for about 3 minutes per side until brown spots appear and the center feels firm, with no wet dough at the edge. Lower the heat if the raisins darken rapidly.

4. Repeat with the remaining breads, keeping cooked ones wrapped loosely in the clean towel. If a bread remains doughy in the center, return it to low heat for another 1–2 minutes per side.

5. Divide the remaining 300 g yogurt into four portions. Serve each flatbread warm with 75 g cold yogurt.

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Estimated nutrition per serving

Calories: 330 kcal | Protein: 20.5 g | Carbohydrate: 57.3 g | Fat: 4.2 g | Fiber: 7.1 g. One of 4 servings. Batch yield: 4 small flatbreads; 1 flatbread with 75 g yogurt per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Know which yogurt is already counted

The recipe includes yogurt twice: in the bread and in the serving bowl. Divide the serving yogurt before eating so the portion is clear. Additional fruit, syrup or extra breads can be chosen separately, without being mistaken for part of the base estimate.

A useful detail

All 220 g flour and all brushing oil are counted in the base estimate, including the small amount used on the board. Cooking time assumes one bread at a time.

Another way

Use 60 g finely chopped dried figs instead of raisins, removing hard stalks before weighing.

Replace the cinnamon with 1 teaspoon/2 g ground ginger for a different spice note.

Keep it well

Refrigerate cooled flatbreads, wrapped, for up to 3 days; keep the serving yogurt covered separately and follow its use-by date. Freeze breads for up to 1 month. Thaw in the refrigerator and reheat in a low pan, turning frequently, until the thickest center reaches 165°F/74°C; keep yogurt cold.