

COOKING FOR WELLNESS

Wheat Naan

Prep Time - 40 minutes - Cook Time - 15 minutes - Servings - 8

Ingredients

- 2 cups, whole wheat flour
- 1 tsp, salt
- 1 tsp, baking powder
- 1/2 tsp, baking soda
- 1/4 cup, plain yogurt
- 1 tsp, sugar
- 3 tbsp, oil
- 3/4 cup or as required, warm water



Instructions

1. Combine all dry ingredients.
2. Add the water little by little and knead the flour until it becomes a smooth ball. (8-10 minutes)
3. Lightly oil the bottom and sides of the bowl and place the dough ball in it. Roll it around to coat the surface with oil. Cover and allow to sit for 30 minutes.
4. Carve it into 8 pieces and shape it into balls. Cover these balls with a damp tea towel and allow them to rest for 15 minutes.
5. Now, take each ball and with a rolling pin, roll it out into an oblong or round disc. Keep the discs covered with a damp tea towel till they are ready to cook.



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6. Place a griddle on the stovetop and heat it to medium high heat. Take one rolled out disc and brush the other side with water. Press this side face down on the hot griddle so that the disc sticks to the griddle. Allow the dough to cook for 30 seconds to 1 minute. The dough will form bubbles and air pockets on the side that's up, and after about 30 seconds, it will start leaving the sides. With the help of a spatula, flip the naan and cook on the other side. Repeat for all the discs.

Nutrition Information

158 calories, 24 g carb, 1 g sugar, 6 g fat 3 g protein 356 gm sodium, 4 g fiber



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