

Authentic Unleavened Bread

Ingredients

- 45 ml of oil (vegetable or other)
- 3 tsp honey
- 65 ml of hot water
- 65 ml milk or almond milk
- 250g of plain flour

Method

Mix the oil and honey into a bowl.

Microwave water for 50 seconds or until hot and add to mix

Add milk or almond milk and stir contents until blended together

Add flour and stir until contents become dough.

Knead the dough while sprinkling conservative amounts of flour to avoid the dough from sticking to bowl or hands

Sprinkle flour onto counter top and tear dough to desired size fashioning it into a circular loaf in the flour to avoid sticking

Bake at 210C/425F for twelve to fourteen minutes on a greased baking tray

Bake the loaves for seven minutes on one side and five to seven on the other. When loaves begin to brown slightly they are done.