

Makes: 1 large flat bread or 2 small

(Thin crust style)

Ingredients

- 1 cup sourdough discard
- 1½ cups all-purpose flour (approx.)
- ½ tsp salt
- 1 tbsp olive oil
- ½ tsp baking powder (for quick rise)

Optional if you want slight rise instead:

- ¼ tsp instant yeast (instead of baking powder)

Instructions

1 Mix dough

Combine:

- discard
- flour
- salt
- olive oil
- baking powder

Mix until soft dough forms.

2 Knead briefly

- Knead 3–5 minutes.
- Should be soft, not sticky.
- Add flour if needed.

3 Rest

- Cover and rest 20–30 minutes.
- Makes it easier to stretch.

4 Shape and bake

- Roll thin.
- Add toppings.
- Bake at **220°C / 425°F** for 12–15 minutes.

Nutritional Breakdown (approximate)

For 1 large flatbread (whole recipe):

- Calories: ~650–700 kcal
- Protein: ~18–20 g
- Carbohydrates: ~110–120 g
- Fiber: ~3–5 g
- Fat: ~12–14 g
- Sugar: ~1–2 g
- Sodium: ~500–600 mg

Per ½ flatbread (more realistic serving):

- Calories: ~325–350 kcal
- Protein: ~9–10 g
- Carbohydrates: ~55–60 g
- Fat: ~6–7 g



Notes on nutrition

- Lower in fat than most pizza doughs
- No added sugar
- Fermented discard may help digestibility slightly
- Easy to modify with whole wheat flour for more fiber
- Can be made lighter or richer depending on toppings