



Amaranth Spinach Flatbread

By Cats in the Kitchen

2 cups finely chopped spinach
2 cups amaranth flour
1-1 1/2 tsp. salt
1- 1 1/2 tsp. each dried dill and basil
1 tsp. gluten-free baking powder
2-3 T. olive oil
Water, as needed

Preheat the oven to 350 degrees. Spray a large baking sheet with pan spray or line with parchment paper.

Steam chopped spinach just until the spinach is wilted. Drain off the water. In a large bowl, combine the spinach, flour, salt, herbs, olive oil and baking powder. Slowly add small amounts of water (about 1/2 cup) as needed to get the dough to stick together. Shape the dough into a ball. Moisten your hands frequently with cold water to prevent the dough from sticking to your hands. Grab the dough in your hands and place it on the prepared baking sheet. Keep your hands moistened and press the dough out into a large flatbread about 1/8-inch thick. Spray the top lightly with olive oil and place in the oven for 25-30 minutes. Remove from the oven, allow to cool and then cut into large or small pieces. But if you can't wait, grab off a piece, spread with butter or coconut oil and enjoy!

The Balanced Body Center

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