

Make flat bread like the widow made for Elijah.
<https://www.youtube.com/watch?v=pn6U3Z3EwHc>

Ingredients:

2 cups plain flour
1 and 1/2 Tablespoons olive oil
1/2 teaspoon salt
water (I used just a little bit more than 1/2 cup).

Method:



Into a bowl put flour and salt and mix with your fingers.

Add oil and rub together with your fingers

Add water a little bit at a time mixing with your hands til a dough forms.



If the dough is crumbly add a drizzle of water.

If it's too wet and sticky, add a bit of flour.



Knead for 4-5 minutes.

Then wrap in glad wrap to rest for a little while, maybe 1/2 hour (while you clean up).



Roll into a log and cut the log into slices



Each slice is one flat bread and is rolled out flat and thin with a rolling pin.



Cook in a hot frypan for just a minute til it's a little bit brown, then turn it over to cook the other side.



I don't think the widow and Elijah ate their bread with hommus or dip but it's really yummy :)

HAVE FUN!! :)