

Better Choices

EASE BACK INTO THE SCHOOL YEAR WITH THIS HEALTHY RECIPE FROM CLAUDINE



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SWEET POTATO FLATBREADS

Ingredients

- 300g sweet potato peeled and chopped
- 250g self raising flour
- Pinch of salt and pepper
- 1tbsp olive oil – more for frying



Grown Up Secret

These are great on their own or with dips, or use instead of wraps or even as pizza bases. They can be topped with lots of things and they freeze really well.

If making them just for grown ups a little spice in them is great too!

Method

1. Place sweet potatoes in a pot of water and boil until soft.
2. Drain and leave to dry slightly. Mash until smooth.
3. Add in the flour, olive oil and salt and pepper and mix in with a fork until it all comes together.
4. Turn out onto a floured surface and knead until a smooth dough is formed.
5. Split into 10 portions and roll out each one with a rolling pin to as thin as a pancake.
6. Heat a non stick frying pan to a medium to high heat.
7. Drizzle or spray with oil and place rolled flat bread onto the pan.
8. Cook until air bubbles appear and then turn over.
9. Keep flipping and cooking until a nice golden colour – its ok if some of the bubbles are a bit darker.