



# Herb Coconut Flour Flatbread



These delicious, low carb rounds make great little snacks or they can be used as sandwich 'bread'.

**Course** Bread

**Cuisine** American

**Keyword** Coconut flour, Gluten-Free, Grain-free, Low carb

**Prep Time** 5 minutes

**Cook Time** 10 minutes

**Total Time** 15 minutes

**Servings** 4 small rounds

**Calories** 75kcal

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## Ingredients

- 2 large eggs
- 2 Tablespoons coconut flour
- ¼ teaspoon basil
- ¼ teaspoon oregano
- ¼ teaspoon sea salt
- 4-5 Tablespoons water (or milk of your choice)
- 1 Tablespoons grated parmesan
- oil of your choice for frying

## Instructions

1. Whisk together all of the ingredients.
2. Let the batter sit for 5 minutes. Whisk in another tablespoon of water if the batter looks too thick.
3. Heat the oil in a large non-stick skillet.
4. Make four small pancake-sized circles (about 1/4 inch thick) and fry both sides until cooked through.

## Notes

WW Points: 2

Flatbread recipe adapted from [this book](#)