

Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

Naan Bread & Garlic Butter

Ingredients

200g (3/4 cup) of coconut flour

2 tbs of psyllium husk

1/2 tsp of baking powder

1 tsp of salt

100ml (1/3 cup) of neutral coconut oil, melted

500 ml (2 cups) of hot water

Oil for frying

Flaked salt

Garlic Butter

100g of butter

1-2 cloves of garlic, freshly squeezed

Method

1. Mix all dry ingredients in a bowl. Add oil and then hot water and stir thoroughly.
2. Allow mixture to rise for five minutes. The dough will turn firm fairly quickly but flexible.
3. Divide into 6 or 8 pieces and form into balls that you flatten with your hands directly on parchment paper or on the kitchen counter.
4. Fry carefully in oil in a frying pan until turn a nice colour and have risen.
5. Heat oven to 70 degrees C and keep bread warm while you make more.
6. Melt the butter and stir in the freshly squeezed garlic. Apply the melted butter on the bread pieces using a brush and sprinkle flaked salt on top.
7. Pour the rest of the garlic butter in a bowl and dip pieces of bread into it.

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Author: Diet Doctor.com

Serves 4



For more recipes and information on living the low carbohydrate lifestyle find us at:

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