THE LIGHTER PLATE METHOD

Simple Oat Flatbreads

A three-ingredient oat batter that cooks into a soft, pliable flatbread — a genuinely useful gluten-free wrap.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
5 min	**5 min**	**10 min**	**2**	**EASY**

Ingredients

- 30 g gluten-free oat flour
- 10 g extra virgin olive oil
- 1 pinch sea salt
- 30 ml water

Method

1. Mix the oat flour, olive oil, salt and water to a smooth, thin batter.
2. Heat a non-stick frying pan over a low-medium heat.
3. Pour in the batter and spread thinly across the base of the pan.
4. Cook for 2 minutes on each side, until lightly golden and cooked through.
5. Let it cool for a minute, then fill with chicken, salad, roasted vegetables, hummus or tahini.

Tips & swaps

- Keep the heat low — this is more delicate than a wheat tortilla and can catch quickly.
- Doubles easily if you want a stack ready for the week.

Storage & reheating

Keeps in the fridge for 2 days; warm briefly in a dry pan before filling.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE

100	**2g**	**10g**	**6g**	**1g**

Estimated values, for guidance only. Contains: Oats (gluten).