

## Whole-Wheat Nann Bread

Nann lovers rejoice! This delicious and healthy whole-wheat Nann recipe makes some fantastic Indian flat bread that's good and good for you.

### Ingredients

- 1-tsp Sugar
- ¾-cup Warm Water
- 1 packet of Rapid-rise Dry Yeast
- 1 1/2-cup Whole-wheat Flour
- ¾-cup all purpose flour
- ¼-tsp salt

### Directions

1. Mix sugar and warm water into a jug
2. Stir in the yeast and let it stand for 5 minutes until frothy on the top.
3. Mix the flours and salt in a large bowl
4. Make a pocket in the middle and pour in the yeast mixture to make dough
5. Knead the dough on a lightly floured surface for 8 minutes or until smooth
6. Shape dough into a ball and return it to the bowl
7. Cover the bowl with plastic wrap and a towel
8. Keep the dough in a warm place for ½ hour in order to rise
9. Preheat the broiler and heat a griddle
10. Punch and knead dough for 2 minutes.
11. Divide the dough into 6 equal portions
12. Roll the portions into 7-inch rounds on a lightly floured surface
13. Keep all the unrolled portions covered
14. Bake on hot griddle, topside down until little bubbles appear on the top and the underside becomes mottled
15. Place on a baking sheet with the uncooked side facing up
16. Broil for 30 seconds or until the Naan puffs up and is cooked