



# SARDINIAN FLATBREAD

IDEAL AGE: 3+

*Legend has it that this ancient Italian flatbread is so thin that the baker should be able to see through it. Try this simple and easy recipe!*

## LEARN TOGETHER

Baking is a wonderful way for your child to practice completing a multi-step project from start to delicious finish. Talk about each step along the way.

You may even want to take a virtual trip around the world to Sardinia, to learn about the shepherds who have been eating this flatbread for thousands of years!

## MATERIALS

### Ingredients

- 2 cups flour, plus extra for your rolling surface.
- ½ teaspoon salt
- ½ cup olive oil
- ½ cup water
- Sea salt (optional)
- Rosemary, cinnamon-sugar, “everything” spice (optional)

### Cooking Supplies

- Large mixing bowl or food processor
- Whisk or wooden spoon
- Rolling pin
- Large sheet pan
- Fork
- Oven safe spatula

## MAKE TOGETHER

- 1 Preheat the oven to 500 degrees.
- 2 Combine flour and salt in a food processor or mixing bowl.
- 3 Whisk together the oil and water and a pinch of flour to combine the liquids.
- 4 Slowly add the liquid until the dough is no longer sticky and forms a firm ball.
- 5 Cut your dough into 12 small balls and press each flat with the palm of your hand.
- 6 On a well-floured surface, roll out each piece of dough with a rolling pin. Don't worry about creating perfect circles—just roll it out as thinly as you can!
- 7 Gently transfer your rolled-out dough to an ungreased sheet pan.
- 8 Score the tops of each piece by gently poking the surface with a fork. This helps minimize bubbles!
- 9 If you like, sprinkle with sea salt, herbs, or other spices.
- 10 Bake for about 2-3 minutes on the first side and flip when dough begins to brown and puff up. Cook for one minute more. Be sure to keep a close eye on your bread, as it can burn quickly!



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