



## INGREDIENTS

- 3 Cups All-Purpose Flour (enriched or whole grain rich; extra for dusting)
- 1 Cup Water (lukewarm)
- 2 Tablespoons Olive Oil
- 1 Tablespoon Active Dry Yeast (1 pack)
- 1 Teaspoon Salt
- 1 Teaspoon Sugar
- ¾ Cup Mozzarella Cheese (grated)
- ½ Cup Feta Cheese
- 2 Teaspoons Nigella Seeds (optional)

## DIRECTIONS

1. Preheat the oven to 480°.
2. Combine sugar and yeast into a tall pitcher. Add lukewarm water and stir with a fork to dissolve. Cover and let rest for 20 minutes.
3. Combine flour and salt. Once the yeast is activated, add the mixture to the flour. Mix well to form a dough.
4. Transfer the dough onto your kitchen counter. Knead well for 3-4 minutes. Use your hands or a kitchen machine.
5. Transfer the dough to a greased bowl, cover and let rise. Depending on the climate, the dough needs anything between 30 minutes to 2 hours to rise.
6. Remove the risen dough from the bowl. Briefly knead (by hand). Divide into six equal pieces and shape each piece into a ball.
7. Roll each dough ball into a flat circle, about 4-5 inches in diameter. Place onto parchment paper.
8. For the topping, combine the mozzarella cheese and feta cheese in a bowl. Spread evenly over the dough rounds. Sprinkle on some nigella seeds, if using.
9. Place in the pre-heated oven and bake for 10 minutes until golden brown. Serve warm.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

6 Manakeesh

## PORTION SIZES

**Toddler:** ¼ Manakeesh

**Preschool:** ¼ Manakeesh

**School Age:** ½ Manakeesh

**Adult:** ¾ Manakeesh