

Vegan Avocado Naan

Ingredients:

½ cup warm water
2 tsp sugar
1 Tbsp active dry yeast
4+ cups bread flour or unbleached white flour
1.5 teaspoon salt
1 teaspoon baking powder
¼ tsp baking soda
¼ cup organic canola, safflower or coconut oil
¾ cup well mashed very ripe Avocado for avocado Naan
1 to 2 Tbsp canola or coconut oil for cooking

Directions:

1. In a large mixing bowl, pour warm water and stir in the sugar. Sprinkle yeast on the water and let sit for 10 minutes or until frothy.
2. In another bowl, combine, the flour with salt, baking powder and baking soda.
3. Add 3.5 cups of the flour mixture, 3 Tbsp oil and ¾ cup yogurt to the yeast bowl. Mix well to combine. Add more flour a few Tablespoons at a time to make a soft smooth dough. Knead in the bowl or on a floured surface for 3 to 4 minutes. (For Avocado Naan, start with 3 cups of flour. If your avocado was not ripe or moist enough, you might need some water while kneading.).
4. Place the dough in the bowl. Drizzle a Tbsp of oil on the dough. Roll the dough to coat in oil. Cover the bowl with plastic wrap or heavy kitchen towel and let sit to rise for 1.5 hours or until it doubles.
5. Punch the dough down and use a Tbsp or more flour if needed to work for half a minute. Divide the dough into 8 pieces. Roll the dough balls lightly in flour and place on parchment. Cover with towel or another parchment and let sit for 20 to 30 minutes.
6. Take each piece of dough, and roll/shape into 8 to 9 inch oval shape. roll and handle lightly to keep the dough airy. Dust lightly with flour to help with the rolling.
7. Spritz the top of the Naan with water.
8. Bake at 450 degrees for a few minutes or cook on stove top over medium heat until brown.