

# 3 ingredient paleo naan (indian bread)



4.7 from 127 reviews



*Yield:* 6 small naans

## INGREDIENTS

- ½ cup [Almond Flour](#)
- ½ cup [Tapioca Flour](#) or Arrowroot flour
- 1 cup [Organic Coconut Milk](#), canned and full fat
- Salt, adjust to taste, optional
- [Ghee](#) (slather that bread!), optional

## INSTRUCTIONS

- 1 Mix all the ingredients together.
- 2 Heat a 9.5 inch [crepe pan](#) OR [nonstick pan](#) over medium heat and pour batter to desired thickness (see notes below).
- 3 Once the batter fluffs up and looks firm/mostly cooked, flip it over to cook the other side (be patient, this takes a little time!).
- 4 Enjoy this and make it often.

## NOTES

### OPTIONS FOR SIZE:

You can pour half the batter onto a 9.5 inch pan and cook – then repeat for a total of 2 large naans.

You can pour 1/4 cup of the batter onto your pan to make 6 small naans. These will cook faster than the large naans.

If you want to make a dessert crepe, pour the batter and spread it out as thin as you can.

If you are not using a non-stick pan, you will need to use some sort of oil/ghee/fat to keep the batter from sticking.

If the cream has solidified in your canned coconut milk, then mix well before using.

*Serves 6*

*Serving Size: 1 naan*

*Calories Per Serving: **179***

		% DAILY VALUE	
Total Fat 14.2g	<b>22%</b>	Cholesterol 0mg	<b>0%</b>
Sodium 6mg	<b>0%</b>	Total Carbohydrate 12.9g	<b>4%</b>
Sugars 1.7g		Protein 2.9g	<b>6%</b>
Vitamin C 1.1mg	<b>2%</b>	Calcium 26.4mg	<b>3%</b>
Iron 1.1mg	<b>6%</b>	Folic Acid (B9) 6.4µg	<b>2%</b>

### DID YOU MAKE THIS RECIPE?

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