



Makes 8 flatbreads
Preparation Time: 30 minutes
Cook Time: 2 hours

INGREDIENTS:

$\frac{3}{4}$ cup + 6 tablespoons
unsweetened, unflavored plant-
based milk

1 tablespoon pure maple syrup

1 teaspoon active dry yeast

$1\frac{1}{4}$ cups whole wheat flour, plus
more for dusting

$\frac{1}{2}$ teaspoon sea salt, plus more
to taste

2 teaspoons tahini

3 tablespoons za'atar

$\frac{1}{4}$ cup coarsely chopped fresh
mint

Za'atar-Spiced Flatbreads (Manakeesh)

Known as manakeesh in the Middle East, fluffy za'atar-topped flatbreads are the perfect appetizer to add some Lebanese flair to your next [dinner party](#). The wholesome, savory bread is coated in a layer of za'atar seasoning, which is a mix of sesame seeds, sumac, coriander, cumin, thyme, and salt. The spice blend is warming, herbal, and incredibly delicious: Trust us when we say you'll want to start sprinkling it on everything in sight! A few fresh mint leaves make for a tasty garnish to tie all the flavors together. Enjoy as a snack on their own or cut each flatbread into wedges and serve alongside [hummus](#).

Tip: To make ahead of time, prepare through Step 6 and parbake flatbreads 5 to 7 minutes. Refrigerate until ready to use. Just before serving, bake 3 to 5 minutes more at 425°F.

For more vegan bread recipes, check out these tasty ideas:

- [Single-Rise Sweet Potato Dinner Rolls](#)
- [Festive Sourdough Focaccia](#)
- [Classic Vegan Cornbread](#)
- Or view our full roundup of [bread recipes](#).

By Darshana Thacker Wendel

- 1 In a small saucepan warm $\frac{3}{4}$ cup of the milk over low. Remove from heat; stir in maple syrup and yeast. Sprinkle with 2 tablespoons of the flour (do not stir). Cover and let stand 15 minutes.
- 2 In a medium bowl stir together the remaining flour and $\frac{1}{2}$ teaspoon salt.
- 3 Transfer milk mixture to a food processor fitted with a dough blade. Add flour mixture. Pulse until a dough forms. Transfer dough to a bowl; cover with a clean damp towel. Set aside in a warm place about 30 minutes or until dough doubles in size.
- 4 Turn dough out onto a well-floured work surface. Punch dough down. Divide dough into eight equal portions; roll portions into balls. Cover with a clean cloth. Let stand at least 1 hour.
- 5 Preheat oven to 425°F. Place a pizza stone or baking sheet upside down on middle rack in oven. Using your fingertips or a rolling pin, flatten a dough ball into a 6-inch disk. Using your fingertips, create small dents over the surface of the flatbread. Repeat with remaining dough balls.
- 6 In a small bowl whisk together the remaining 6 tablespoons milk and the tahini. Stir in za'atar and season with salt. Brush za'atar mixture over flatbreads. Let rest 5 to 7 minutes.
- 7 Using a pizza peel or flat baking sheet, transfer flatbreads, a few at a time, onto pizza stone in oven. Bake 7 to 10 minutes or until edges start to brown. Just before serving, garnish flatbreads with mint.

