

# Green Onion Shao Bing (Baked Bread)

Yield: 4 min  
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/shao-bing-chinese-baked-flatbread-recipe>

## Ingredients:

- 2 3/8 cups all purpose flour
- 3/4 teaspoon instant yeast use 4g if weather is cooler
- 3/4 cup warm water
- 1 1/2 cups scallions 5.5 oz
- 1/2 teaspoon salt \* see notes
- 1 dash Chinese 5 spice powder
- 2 tablespoons maple syrup See notes
- 1 tablespoon oat milk
- sesame seeds preferably raw white sesame seeds
- 3 tablespoons flour
- 4 tablespoons cooking oil

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 72 grams
3. Fat: 17 grams
4. Fiber: 4 grams
5. Protein: 9 grams
6. SaturatedFat: 2 grams
7. Sodium: 310 milligrams
8. Sugar: 7 grams

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