

Making Potato Spelt Flatbreads as a Calm Kitchen Ritual: Sensory Practices for Overwhelmed Mothers

A gentle companion for days when the world feels too loud

Soothing Potato Spelt Flatbreads Recipe (Metric & US Customary)

Ingredients:

- 500 g (about 2 cups) cooked, mashed potatoes
- 150–200 g (1¼–1⅔ cups) spelt flour
- 1 egg (optional, for elasticity)
- 1/2 tsp sea salt
- Butter or olive oil for cooking

Instructions:

1. In a bowl, mix potatoes, salt, flour, and egg if using. Start with 120g flour and add more until dough is soft but not sticky.
 2. Divide into 6–8 balls.
 3. Roll each into a 3–5 mm (⅛ inch) thick circle on a floured surface.
 4. Cook on a dry or lightly greased skillet over medium heat for 2–3 minutes per side, until golden spots appear.
 5. Keep warm under a cloth. Serve with your favorite seasonal toppings.
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Ritual: One Deep Breath Per Step

Before each step—mixing, rolling, flipping—pause for one intentional breath. In through your nose, out through your mouth. It's not about slowing down your task—it's about slowing down your *presence*.

Ritual: Hand-to-Heart Touch

After forming your dough, press one hand gently to your chest. Notice your heartbeat. Let it remind you: *you are here, you are safe, you are worthy of nourishment*.

Ritual: Cooking Without Multitasking

Try making these flatbreads without cleaning, scrolling, or planning. Just cook. Let your nervous system rest in the rhythm: press, turn, breathe, repeat.

Ritual: Choose a Topping That Speaks to You

Don't overthink. What flavor feels right today? Creamy? Crisp? Warm? Let your body choose—not your inner critic.

Reflection Prompt

What part of this practice felt most calming today?

What overwhelmed you?

What's one way you can make tomorrow's meal feel 5% softer?