

Homemade Whole Wheat Pita Bread

Servings: Approx. 9

Ingredients:

- 1 cup lukewarm water
- 2 tsp dry yeast
- 1 tsp honey
- 1 ½ cup whole wheat flour
- 1 ¼ cup + 1 tbsp. all-purpose flour + extra if needed
- 1 tsp salt
- 1 tbsp. extra virgin olive oil

Nutrition Information per serving size - Calories 141, Fat 2g, Sodium 262mg, Potassium 21mg, Cholesterol 0mg, Carbohydrates 29g, Fiber 3g, Protein 4g

1. In the bowl of either hand held or stand mixer, mix the water, honey and yeast together and let it sit for about 5 minutes.
2. Add the flours, salt, olive oil and mix for a couple of minutes, until it comes together.
3. Sprinkle a little bit of flour onto your clean work surface and turn out the dough.
4. Knead the dough for about 5 minutes, until it's smooth and elastic, adding more flour only if necessary. Make into a ball.
5. Place into an oiled bowl, cover and allow to rest until doubled, about 1 hour.
6. Gently deflate the dough and turn it out onto a lightly floured work surface. Divide it into 9 equal pieces and shape each piece into a ball.
7. Using a rolling pin, roll each ball into a circle about ¼ inch thick. Lift and turn the dough frequently as you roll to make sure it isn't sticking to your counter. Sprinkle with a little extra flour if it starts to stick.
8. Cover the circles with plastic wrap or a clean damp cloth.
9. Preheat oven to 450 degrees F and place a baking stone or baking sheet on the middle rack.
10. When the oven is ready, transfer 3 pitas at a time onto the baking surface and bake for 4-5 minutes or until the pitas balloon fully.
11. Remove the bread from the oven and repeat with remaining pieces of dough.
12. Allow the homemade whole wheat pita bread to cool and serve as desired.