

Whole Wheat Pita Bread

Servings: 10-12 pitas

Ingredients:

- 2 teaspoons (7 grams) instant yeast
- 1/2 cup (118 grams) warm water (about 110°F / 43°C)
- 2 1/4 cups (254 grams) whole wheat flour
- 1 cup (120 grams) white flour
- 2 teaspoons (11.38 grams) salt
- 2 tablespoons (26.6 grams) olive oil
- 3/4 cup (96 grams) room temperature water

Instructions:

1. Activate the Yeast:

- Place the yeast in a bowl and add the warm water. Mix and let it sit for about 5 minutes, until it starts bubbling.

2. Prepare the Dry Ingredients:

- In a separate bowl, whisk together the whole wheat flour, white flour, and salt.

3. Mix the Dough:

- Add the flour mixture and salt to the activated yeast. Pour in the olive oil and room temperature water. Mix well with a wooden spoon until combined.

4. Knead the Dough:

- **By Hand:** Sprinkle some flour on a clean counter. Transfer the dough mixture and knead until the dough is uniform and no longer sticky—about 20 minutes.
- **With a Stand Mixer:** Use the hook attachment and knead for about 5 minutes until the dough is soft and not sticky.

5. First Rise:

- Lightly oil a bowl with olive oil. Place the kneaded dough into the bowl, rolling it around to coat all sides. Cover the bowl with plastic wrap and place it in a warm, draft-free area. Allow the dough to double in size.

6. Shape the Dough:

- Lightly dust a clean counter with flour. Turn the dough out onto the counter, stretch it into a thick log, and divide it into 10-12 equal pieces, depending on the desired size of the pitas.
- Roll each piece into a ball, cover with a clean, damp kitchen towel, and let them rest for 10 minutes.

7. Roll Out the Pitas:

- Sprinkle more flour on a clean counter and rolling pin. Roll out each ball into a thin circle.

8. Cook the Pitas:

- Heat a skillet—preferably cast iron—until very hot. Place the dough circles one at a time into the skillet. Do not oil the pan.
- Cook for about 2 minutes on one side, then flip. Some pitas may puff up while cooking; gently press down the ballooned pitas and flip again. Cook the other side for another 2-3 minutes. The pitas will change color as they cook.
- Remove the cooked pitas and place them in a basket. Serve warm.

Nutritional Breakdown per Serving (1 pita):

- **Calories:** 152 kcal
- **Carbohydrates:** 24g
- **Protein:** 4g
- **Fat:** 4g
 - **Saturated Fat:** 0.6g
- **Fiber:** 3g
- **Sugar:** 0.5g
- **Sodium:** 387mg

This breakdown assumes the recipe yields 12 pitas. The nutritional content may vary slightly based on the exact size and thickness of each pita.