



Recipe Details

Recipe Name - GF and Oil Free Soft and Chewy Pita's

Recipe Steps -

Ingredients

2 Tbsp psyllium husk powder
1 cup warm water
1 cup millet flour
2/3 cup tapioca flour
2 tsp maple sugar (or regular sugar)
1 tsp instant yeast
1/2 tsp Celtic salt
1 Tbsp water

Instructions

1. Place psyllium husk powder in the warm water, stir/whisk, and let sit (don't worry about lumps, it won't alter the outcome)
2. While psyllium husk is sitting, place all remaining ingredients into a food processor. Pulse the ingredients a few times to blend
3. Add psyllium husk mixture to the blended ingredients and turn the food processor on, let process for 3 to 5 minutes, this is the same as kneading. You can also use an appliance with a dough hook
4. Pull dough out of processor and form into a log shape
5. Cut even pieces down the log (we usually get 6 pieces)
6. Roll each piece into a smooth ball. As you finish rolling each ball into a smooth ball, place it under a clean and dry dish towel
7. Once you finish rolling all the balls, start rolling out the pitas one at a time by placing each ball on a clean surface, using a rolling pin, roll each piece into an approximately 6" round pita. Be sure to not poke holes in the pita, this will make it difficult for them to puff when you cook them
8. Place your round pitas onto a parchment-lined sheet, then cover the pieces with another piece of parchment paper to keep them moist. Repeat step 7 until all pitas are rolled out and placed on and under parchment. Once complete cover everything with a clean and dry dish towel. Let the pita rest for 10 to 15 minutes
9. Heat up a dry skillet (we like to use cast iron, but a non-stick will also work well). Make sure the skillet is hot and dry before starting. Once hot place one pita in the pan (do not use oil). Let cook until you see it starting to puff (approximately 30 seconds) At this point flip it over. Once flipped the dough should start to puff, if it does not, using a spatula, place pressure on the edge of the pita to help it puff (watch the video for tips and tricks). Allow the dough to cook for another 30 seconds and flip again. Cook for 15 to 30 seconds (until you achieve your desired brown color), flip one more time, and let cook for 15 to 30 seconds

10. Place the cooked pita directly onto a clean and dry dish towel. Cover the pita by folding up the sides of the towel. This is important to trap the moisture and keep the pitas soft and chewy.

11. Enjoy!

Notes:

1. Watching the video will be very helpful to achieve a great outcome

2. You can store the pita for up to 4 days by keeping them wrapped in a dry towel that is placed in a sealed container or sealed baggie

3. If you want to reheat the pitas back to the “fresh” state, spray them with a bit of water on both sides and reheat in a dry skillet

