

Whole Wheat Pita Bread



Samantha Stiehl
SALAD & SWEET

Ingredients

- 6 cups white flour
- 3 cup whole wheat flour
- 6 teaspoons yeast (2 packets)
- 1/4 cup sugar
- 3 teaspoons salt
- 1 cup Greek yogurt
- 4, 3/4 cups water
- 1 teaspoon oil (for coating the dough)



Method

1. Mix the dry ingredients
2. In a large mixing bowl, whisk together the white flour, whole wheat flour, yeast, sugar, and salt.
3. Add the wet ingredients
4. Stir in the Greek yogurt and water (start with 1 cup, add up to 2 tablespoons more if the dough feels too dry).
5. Knead the dough
6. Knead for 5–8 minutes until smooth and elastic. Coat the dough lightly with 1 teaspoon of oil, cover, and let it rest for 30 minutes.
7. Shape the pitas
8. Divide the dough into 5 equal pieces. Roll each piece into a ball, then flatten into circles about 1/4 inch thick.
9. Bake
10. Preheat your oven to 500°F (260°C). Place the pitas on the top and middle oven shelves. Bake for 8 minutes, flipping after 6 minutes to ensure even puffing and browning.
11. Enjoy!
12. Serve warm or store for later. These pitas are freezer-friendly, making them perfect for weekly meal prep.