

# Whole Wheat Pita Bread



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SALAD & SWEET

## Ingredients

- 2 cups white flour
- 1 cup whole wheat flour
- 2 teaspoons yeast
- ½ tablespoon sugar
- 1 teaspoon salt
- ¼ cup Greek yogurt
- 1 cup water (+ up to 2 tablespoons more if needed)
- 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 ¼ 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.