

# Homemade Pita

Serves 8



## Ingredients:

- 1 cup warm water
- 2 teaspoons yeast
- 1 teaspoon honey
- 2 cups whole wheat flour
- 1 cup white flour
- 1 teaspoon salt
- 1 Tablespoon olive oil

## Instructions:

1. Combine water, yeast, and honey in a liquid measuring cup.
2. In a large bowl, combine flours, salt, and olive oil.
3. Add the water mixture to the dry ingredients, mixing to combine.
4. Knead the mixture in the bowl for 2 to 3 minutes or until the dough can be formed into a ball.
5. Cover with a dish towel and let sit to rise for 45 minutes.
6. Portion dough into 8 pieces. Using a rolling pin or your hands, spread the dough out to the thickness desired.
7. Turn griddle to high and cook pitas until toasted and cooked through - about 3 to 5 minutes per side.
8. Enjoy breaking bread with your classmates!