

Pita Bread

Yield: 8 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-pita-bread-recipe>

Ingredients:

- 2 cups all purpose flour plus more as needed
- 1/2 cup whole wheat flour
- 1 cup water lukewarm, 95-100°F
- 1 tablespoon honey
- 2 teaspoons active dry yeast
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon kosher salt

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 32 grams
3. Fat: 2 grams
4. Fiber: 2 grams
5. Protein: 5 grams
6. Sodium: 300 milligrams
7. Sugar: 2 grams

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