

Easy 5-Ingredient Israeli Pita Bread (Pitot)

Yield: 10 min
Total Time: 85 min

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

Ingredients:

- 1/2 ounce active dry yeast or 14 grams
- 1 teaspoon sugar
- 1 1/2 cups lukewarm water
- 4 cups all-purpose flour or 480 grams
- 1 teaspoon sea salt or kosher salt

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 39 grams
3. Fat: 0.5 grams
4. Fiber: 2 grams
5. Protein: 6 grams
6. Sodium: 240 milligrams

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