DietCloud – Recipe

Recipe Name: Whole Wheat Pita Bread Recipe

Diet Type:

Course: Main Course

Cuisine: Continental

Quantity:



Description

These wholesome Whole Wheat Pita Breads are soft, chewy, and feature that classic airy pocket perfect for stuffing or dipping. Made with a blend of whole wheat and all-purpose flour, they offer a delightful texture and nutty flavor. They are ideally served warm alongside creamy hummus, flavorful baba ghanoush, or as a healthy wrap for your favorite fillings.
[PROS]
- High in dietary fiber from whole wheat flour, aiding digestion.
- Contains healthy monounsaturated fats from olive oil.
- Good source of complex carbohydrates for sustained energy.
[CONS]
- Contains gluten, unsuitable for those with celiac disease or gluten sensitivity.
- Requires significant preparation and proofing time.
[DIETITIAN REVIEW]
This Whole Wheat Pita Bread recipe is a fantastic choice for boosting daily fiber intake while enjoying a delicious staple. The inclusion of whole wheat flour significantly enhances its nutritional profile compared to traditional all-white flour versions, offering more nutrients and sustained energy. The use of olive oil adds heart-healthy fats, making it a well-rounded and versatile bread option. Score: 8/10

Ingredients

Ingredient	Quantity
• All Purpose Flour (Maida)	1-1/2 cups
• Whole Wheat Flour	1-1/2 cups
• Active dry yeast	2 teaspoons
• Salt	1/2 teaspoons
• Sugar	1-1/2 teaspoons
• Lukewarm Water	1-1/4 cups
• Extra Virgin Olive Oil	2 tablespoons

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Preparation

• 1.
• In a large bowl, combine lukewarm water, sugar, and active dry yeast.
• Let it sit for 5-10 minutes until foamy, indicating the yeast is active.
• 2.
• Add the whole wheat flour, all-purpose flour, salt, and olive oil to the yeast mixture.
• Mix with a spoon or your hands until a shaggy dough forms.
• 3.
• Transfer the dough to a lightly floured surface and knead for 8-10 minutes until it becomes smooth and elastic.
• 4.
• Lightly grease a clean bowl with olive oil, place the dough in it, turning once to coat.
• Cover the bowl with a clean kitchen towel or plastic wrap and let it rise in a warm place for 1-1.
• 5 hours, or until doubled in size.
• 5.
• Once risen, gently punch down the dough and divide it into 8-10 equal pieces.
• Roll each piece into a smooth ball.
• 6.
• On a lightly floured surface, roll out each dough ball into a flat, round disc, about 6-7 inches in diameter and 1/8 to 1/4 inch thick.
• 7.
• Preheat a heavy-bottomed skillet or cast-iron pan over medium-high heat.
• Alternatively, preheat your oven to 450°F (230°C) with a pizza stone or baking sheet inside.
• 8.
• If using a skillet, cook each pita for 1-2 minutes per side, or until it puffs up and develops light brown spots.
• If using an oven, bake for 2-4 minutes, or until the pitas puff up fully.
• 9.
• Remove from heat and transfer to a cooling rack.
• Cover with a clean kitchen towel to keep them soft.
• Serve warm.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
120	4	25	2	4	1