



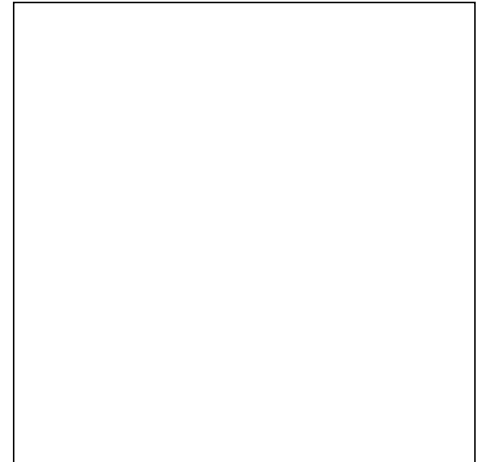
Recipe Name: Whole Wheat Pita Bread Recipe

Diet Type:

Course: Main Course

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 1-1/2 cups All Purpose Flour (Maida)	6
• 1-1/2 cups Whole Wheat Flour	
• 2 teaspoons Active dry yeast	
• 1/2 teaspoons Salt	
• 1-1/2 teaspoons Sugar	
• 1-1/4 cups Lukewarm Water	
• 2 tablespoons Extra Virgin Olive Oil	

Preparation

- To begin making the Pita bread we will first have to get your ingredients ready especially the yeast.
- If you are using active dry yeast (look like small round balls) - follow the instructions given in the packet.
- If you are using fast action yeast (looks m.

Macronutrients

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