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Fresh lunchbox ideas

PITA BREAD RECIPE



the source
BULK FOODS

PITA BREAD

GLUTEN-FREE

2g psyllium husk
15ml olive oil
5g pink lake salt
190g gluten free plain flour
Additional gluten-free plain flour, to knead

EXTRAS

75ml water
125ml Greek yoghurt

DAIRY FREE

Substitute Greek yoghurt with coconut yoghurt

METHOD

Combine water and psyllium husk in medium-large bowl. Mix well, a gel will form.

Whisk in Greek yogurt, olive oil and salt.

Add flour and stir with a wooden spoon or spatula until the dough comes together.

Turn dough out onto a floured bench and knead for 1-2 minutes or until dough is smooth and not sticky - adding additional gluten free flour to achieve desired result.

Divide into 5 equal portions.

Form each portion into a ball and flatten with the palm of your hand. Cover flattened balls of dough with a lightly damp kitchen towel and allow to rest for 10 minutes.

Heat a large pan over medium heat.

Using a rolling pin, roll each piece into 15cm rounds.

Cook round for 1 to 2 minutes on each side. Flip back to the original side and cook until brown and puffed.

Remove from pan and immediately wrap bread in a clean, dry kitchen towel. The steam will keep the bread soft.

Continue rolling and cooking the remaining dough.

Serve warm or allow to cool for later use. Store in an airtight container.

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