



Buckwheat Pita Bread

By Jenn Cuisine Adapted from Gluten Free Gobsmacked

Ingredients:

1.5 tbs. yeast
1/2 c. warm water
1.5 tsp. honey
2/3 c. quinoa flour
1/3 c. buckwheat flour
1/3 c. rice flour
2/3 c. tapioca flour
2 tsp. xanthan gum
1 tsp. gelatin
3 tbs. walnut meal
1/2 tsp. salt
2.5 tbs. sucanat (evaporated cane juice)
2 eggs
1/4 c. hot water
2 tbs. butter, melted

Directions:

1. Dissolve honey in warm water, and add yeast. Cover and set aside until foamy.
2. Meanwhile, mix together the rest of the dry ingredients (quinoa flour all the way down to the sugar) in a large bowl.
3. In a small bowl, combine eggs, hot water, and melted butter.
4. Once yeast has activated, add the yeast and egg mixtures to the dry ingredients, and mix thoroughly (I just used my hands).
5. Next, shape your pitas. Gluten Free Gobsmacked recommends an egg sized ball of dough for each pita. This is what I did. I well oiled a surface as well as my hands, and patted out a pita. Once it was about 4" diameter, I used a spatula to transfer it to parchment paper, and carefully continued patting out the pita until it was thin enough (1/4"). The reason I didn't do this all on the surface was because picking up the pita after it was fully patted out was very difficult. And you need the oiled surface to start.
6. Once all your pitas are on sheets of parchment paper, let them rise about 40 min. Meanwhile, preheat the oven to 500F.
7. Bake each batch for 5-6 minutes, and let cool on a cooling rack.

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