



Pita Bread

(Alkaline Low-Carb Almond Flour)

By The Healing Gourmet

Makes: 2 Pitats (4 Pockets), so adjust according to the number of Pitats you want to make

Ingredients

DRY INGREDIENTS

- ¼ cup almond flour, firmly packed (35 g)
- 1 Tbsp. coconut flour, firmly packed (14 g)
- ⅛ tsp. baking soda
- ⅛ tsp. sea salt
- 1 tsp. organic psyllium husk powder (3 g) Optional, but increases pliability and reduces breakage)

WET INGREDIENTS

- ¼ cup hot water
- 1 pastured egg
- 1 Tbsp. organic extra virgin olive oil or avocado oil

Instructions

1. Preheat oven to 350 F. Prepare a baking sheet with parchment.
2. In a small bowl, combine the dry ingredients.
3. In a medium bowl, combine the wet ingredients, whisking well.
4. Add dry ingredients to wet and mix using a wooden spoon to form a thick batter.
5. Use a ladle to scoop batter by ¼ cupful's and pour onto parchment-lined pan in circles.
6. Transfer to oven and bake 17-19 minutes.
7. Let cool on a wire rack, then cut each circle in half and slice a slit to make a pocket.
8. Store cooled pitas in an airtight container.