



## Pita Bread

(Makes 12 Pita rounds)

- 2 cups warm water (105-115 degrees), divided
- 2 teaspoons maple sugar or honey
- 1 package Active Dry yeast
- About 6 cups sprouted wheat or spelt flour
- 1 ½ teaspoons Celtic salt
- 3 tablespoons olive oil

Preheat oven for one hour at 500 degrees. Combine ¼ cup warm water, sugar and yeast. Stir until yeast dissolves. Let stand about 5 minutes. Combine 4 cups flour and salt. Add oil, yeast mixture and remaining 1-¾ cups of water, stirring until smooth. Add enough of remaining flour to form moderately stiff dough, mixing well to blend.

Turn dough out onto a lightly floured surface and knead until smooth and elastic, about 8-10 minutes about 4-5 minutes by mixer). Add more flour, one tablespoon at a time if dough is too sticky. Make a ball with dough and place in a greased bowl, turning to coat both sides. Cover and let rise in a warm place until doubled (about 1-1 ½ hours).

Divide dough into 12 equal portions. Shape each portion into a smooth ball. Pat each ball into a 5-inch circle. Place circles on parchment lined baking sheets.

Let rise uncovered in a warm place until doubled in bulk. Bake for 4 to 6 minutes or until lightly browned. Cool pita rounds on racks. NOTE: You can add your favorite herbs to this dough for a delectable aroma and enhanced taste.