

Gluten-free vegan pita breads

Wet Ingredients:

- 2+1/2 tsp. dry active yeast
- 2 cup warm water (approx. 100 degrees)
- 2 tsp. maple syrup or agave
- 2 Tablespoon vegetable oil (or whatever oil you choose)
- 2 Tablespoon unflavoured psyllium husk (available at Bulk Barn)

Dry Ingredients:

- 3 cups gluten-free flour (I use Robin Hood or mix your own GF flour* see below)
- 1 tsp. salt

1. Mix the warm water, yeast and syrup together. Allow to sit for 10 minutes undisturbed until frothy.
2. Add the oil and psyllium to the mix and stir. Let the mixture sit for a few minutes.
3. In a large bowl, whisk the dry ingredients together.
4. Add the wet mix into the dry and stir with a wooden spoon until combined. Your dough will be slightly sticky. It should come away from the bowl however it shouldn't stick completely to your fingers either.
5. Cover and leave in a warm, draft-free zone for 45 minutes. I put the bowl on a heating pad.
6. Preheat your oven to 450 degrees. Line 2 baking sheets with parchment paper.
7. Divide your dough into 8 equal balls. Lightly flour your counter. Take one ball and using your hands, gently create a circle by pushing the dough out from the middle. You don't want to completely flatten it though. Leave a little pillow of thickness.
8. Transfer to the baking sheet and repeat with the other balls.
Bake for 2 minutes then flip the pitas and bake another 2 minutes until barely browned.
- 9 Allow to cool completely before you slice the pitas in half. Then carefully slice into the middle to create the pocket.
10. Store left-over pitas in the fridge and microwave before serving. They will be soft, just like fresh-baked!

***GLUTEN-FREE FLOUR MIX:**

- 1 cup white rice flour
- 1 cup superfine brown rice flour
- 1/2 cup potato starch
- 1/2 cup arrowroot powder
- 3 tsp. guar or xanthan gum