

## # 5 Whole Wheat Pita Bread

### INGREDIENTS

2 packages (¼ ounce each) active dry yeast  
2 cups warm water (110 to 115 degrees), divided  
½ teas honey  
¼ cup olive oil  
1 TB salt  
5 to 6 cups whole wheat flour  
All purpose flour to dust counter  
Cornmeal

### DIRECTIONS

1. In a large bowl, dissolve yeast in ½ cup warm water. Add honey. Let stand for 5 minutes. Add the oil, salt, 3 cups of whole wheat flour and remaining water. Beat until smooth. Stir in enough whole wheat flour to form a soft dough.
2. Turn onto a surface dusted with all purpose flour. Knead until smooth and elastic about 6 to 8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled (about 1 ½ hours).
3. Punch dough down. Let rest for 10 minutes. Turn onto a lightly floured surface. Divide dough into 12 pieces. Shape each into a ball. Knead each ball for 1 minute. Cover and let rest for 20 minutes.
4. Grease baking sheets and sprinkle with cornmeal. Roll each ball into an 8 inch circle. Place on prepared baking sheets. Cover and let rise in a warm place until doubled, about 30 minutes.
5. Bake at 475 degrees for 8 to 10 minutes or until browned. Remove from pans to wire racks to cool. To serve cut in half and split open. Stuff with fillings of your choice.