

# Herbal Legacy Recipes

## Whole Wheat Pita Bread

Adapted from Every Woman's Herbal

[http://www.christopherpublications.com/Womans\\_Herbal.html](http://www.christopherpublications.com/Womans_Herbal.html)

### INGREDIENTS:

- \* 2 cups warm water (about 110° F)
- \* 2 tablespoons honey
- \* 1 tablespoon dried yeast
- \* 1 teaspoon sea salt
- \* 1 teaspoon kelp (optional)
- \* 5-6 cups of freshly-ground whole wheat flour, as needed to make a dough that you can knead (you can also substitute some oat flour for some of the wheat flour – to make oat flour simply blend dry oats in a blender until you get a flour-like consistency).
- \* Cornmeal for dusting

### DIRECTIONS:

Activate yeast by mixing the warm water, honey and yeast together. Set aside for 5-10 minutes.

Mix salt, kelp and about 4 cups of flour. Gradually add water from previous step.

Flour a clean surface, and knead until springy – add more flour as needed. Let rest 15 minutes.

Break off golf-ball sized pieces of dough, and roll out about 1/4 inch thick into tortilla-shaped circles. Place on ungreased cookie sheet that has been sprinkled with cornmeal. Let rise about 30 minutes (it will generally rise best in about 80° F), during which you preheat your oven to 450° F.

Place sheets on bottom shelf of oven, and bake the pita breads for 5-8 minutes, just until they puff and solidify a bit. Remove and cool separately. If you don't have a lot of cookie sheets, let the breads rise on a cornmeal-sprinkled surface, and gently, gently place them on the cookie sheets as they become available. Makes 2 dozen pita breads. Cut in half across the circle to form two pockets. Stuff with Hummus and lots of fresh vegetables.

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