



Pita Bread

This pita bread only has one dubious GAPS ingredient which is the Psyllium Husks.. some will say absolutely not whilst others say it's okay. For my family it's been an ok addition to the diet and frankly has been a god send as far as that "bread" texture the kids sometimes crave.

Ingredients:

1 cup Coconut Flour

¼ cup ground Linseeds

¼ cup ground Sesame Seeds

¼ cup ground Chia Seeds

¼ cup ground Sunflower Seeds

8 tablespoons Psyllium Husks (this gives it a lovely elasticity not too dissimilar to bread)

½ teaspoon Himalayan Rock Salt

2 cups hot water

Method:

Boil the water in the kettle then leave it to sit for around 10 minutes. Place all of the other ingredients into a mixing bowl.

Pour the hot water over the dry ingredients and mix with a wooden spoon to pull all of the ingredients together, it should start form a dough ball (if it doesn't seem to be coming together and is a little dry add another ½ cup of hot water)

Leave the dough to sit for 5 minutes (more for it to cool down and be easier to handle)

Take two pieces of baking paper so you can roll out the dough between them into small pita breads.

Baking options:

You can either lightly pan fry them to give them a bit of a "Naan" like finish or alternately bake them in the oven on 180°C for around 10 minutes on either side.

Additional options:

Add some garlic powder or other herbs and spices to taste if you prefer

If you make them slightly larger they make great pizza bases.