

## Wheat Pocket Pitas



1 package of quick rising yeast  
1-1/2 cups of warm water, divided  
1 T sugar  
1-1/2 cups of all-purpose flour  
1-1/2 cups of whole wheat flour  
1-1/4 t salt  
1/2 T olive oil

Start by dissolving the yeast in 1/2 cup of warm water. Add the sugar and mix until dissolved. Set aside for 10-15 minutes. The water will appear frothy.

Blend the salt and flour together in a large mixing bowl with a pastry blender or fork. Make a well and add the yeast water into the flour. Gently toss together with your hands. Next slowly add another one cup of warm water to the flour and use your hands to gently begin forming a dough.

On a floured surface knead the dough for 10-15 minutes. When the dough is soft and springy, form a ball and coat with the olive oil. Place in a bowl and cover. Leave in a warm, draft free place for 3 hours, or until doubled.

Once doubled, preheat the oven to 500F. Place the oven rack on the lowest setting and preheat a baking sheet on the rack. Next punch the dough down and break off 8 pieces. Form into balls and set on a floured surface to rest for 10 minutes. Once rested, roll the balls into 6-inch rounds, about 1/4" thick.

Remove the baking sheet from the oven, grease it and place pitas on the baking sheet on the bottom rack of the oven for 4 minutes. Flip the pitas and bake another 2 minutes. Pitas will puff slightly. Gently press them down and serve warm.