



Best GlutenFree Pita Bread

Jacob · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

1 hr 20 mins

Description

This glutenfree pita bread can be perfectly baked from scratch with a few simple ingredients A wonderful glutenfree alternative for sandwiches and snacks

Ingredients

— - 1 ¼ cups gluten-free oat flour (such as Bob's Red Mill®) - ½ cup potato starch - ½ cup cornstarch - ½ cup tapioca flour - 2 tablespoons xanthan gum - 1 tablespoon active dry yeast - 1 teaspoon white sugar - 1 teaspoon salt - 1 cup warm milk - 1 egg - ¼ cup olive oil - 1 teaspoon apple cider vinegar

Instructions

1. Combine oat flour
2. potato starch
3. cornstarch
4. tapioca flour
5. xanthan gum
6. yeast
7. sugar
8. and salt in the bowl of a stand mixer; whisk until well mixed
9. about 1 minute. Whisk milk
10. egg
11. olive oil
12. and vinegar together in a separate bowl until well combined
13. about 1 minute. Stir milk mixture in gradually to flour mixture on low speed; mix until a soft dough comes together
14. about 5 minutes. Line 2 baking sheets with parchment paper. Divide dough into 6 equal pieces; roll each piece on a floured surface to a 6-inch circle. Place on the prepared baking sheets; cover with plastic wrap and set aside for 1 to 1 1/2 hours. Preheat the oven to 450 degrees F (230 degrees C). Heat a pizza stone in the oven. Spray pita breads with water and place them straight on the hot pizza stone. Bake in the preheated oven until puffed and lightly golden
15. 5 to 7 minutes.