

GLUTEN-FREE PITA BREAD

(from *Nourishing Meals*)

from *The Cooks Next Door*

1 1/4 c. warm water
6 Tbsp ground flax seed
2 Tbsp extra virgin olive oil
1 Tbsp apple cider vinegar

1 1/2 c. sorghum flour
1/2 -- 3/4 c. sweet rice flour (in the mountains here I always have to add the larger amount of flour, but start with the lesser amount first)
1/2 tsp sea salt
1/2 tsp baking soda
Herbs or spices, opt.

Preheat the oven to broil/550°F. Line one or two baking sheets with parchment paper. Position the oven rack in the center of the oven, not right underneath the broiler.

In a medium bowl, whisk together the warm water and ground flax seed. Let rest for about 5 minutes to thicken. Then whisk in the olive oil and apple cider vinegar.

Add the dry ingredients to the wet and use a fork to mix together. You should be able to form a ball of dough that is not too sticky or too dry. If the dough is sticky add in extra sweet rice flour (up to the additional 1/4 cup). If the dough is dry, add a little water.

Divide the dough into 5 equal pieces (I've done 6 smaller pitas or 4 larger pitas too, depending on what I'm using them for). Using wet hands, roll each piece of dough into a ball and then flatten with your hands until they are 5-6 inch circles. Place onto the parchment lined baking sheet. If you're using a large baking sheet, you should be able to fit all the pitas on there (they don't spread much). Otherwise use two baking sheets.

Bake for 10-12 minutes, flipping each pita after 6 minutes. The pitas bubble slightly and get golden around the edges when done. After they are cooled, slice them in half and cut the bread to form a pocket.

If not using right away, layer these between waxed paper and store in a sealed container. Or freeze.