

Pita Bread

recipe from Ardent Cannabis

Ingredients

- 1 cup all-purpose flour
- 1 cup all-purpose canna flour
- 1 teaspoon cannasalt (or regular salt)
- 1 teaspoon instant yeast
- 3/4 cup water at 105 - 110 degrees F
- 1 tablespoon infused olive oil or standard olive oil + more for drizzling

Instructions

- Pre-heat the oven to 500 degrees F (because the activated cannabis is encapsulated in the dough, the internal temperature won't reach levels that will burn off the cannabinoids). Allow the baking sheet to preheat inside the oven.
- In a bowl, combine flour, canna flour, salt, yeast, water and oil. Mix until shaggy. Add a light brush of oil on each side of the dough.
- Cover the bowl with a towel and leave it to rise for an hour and a half.
- Knead the dough into a ball and divide into 6 equal pieces. Form each piece into a ball and allow them to rise for 30 minutes.
- Roll out each ball into a flat pita shape and allow them to rise for an additional 15 minutes.
- Toss a sheet of parchment paper on the preheated baking sheet and place 2 pitas at a time. Bake for 3 + minutes (keep a close eye, ovens vary).
- Enjoy!

Notes

