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Healthy Whole Wheat Pita Bread No Oil or Sugar

Ingredients for Healthy Whole Wheat Pita Bread. 4 cups whole wheat flour (or 2 cups whole wheat flour and 2 cups all-purpose flour) 1 tablespoon dry yeast

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Try any of these 6 recipes to deliver yourself a heart-healthy burst of flavor using stuffed pita.

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This versatile flat bread is so much more than just a good-to-go pizza base. 1. Pita nachos. Split pita breads in 2 rounds. Spray with oil and sprinkle with Mexican spice mix, smoked paprika or ground cumin.

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