



Gluten free pita bread and quinoa balls

Serves 4

Ingredients

Pita bread

- 350g gluten free flour blend (or make your own with 250g buckwheat flour and 100g cassava flour)
- 2 tbsp psyllium husk
- 2 tsp. yeast
- 1 tsp. sugar
- 300ml water
- 2 tbsp. olive oil
- 1 tsp. salt (to taste)
- ½ tbsp. apple cider vinegar

Quinoa balls

- 300g Cooked quinoa (or use rice or any grain)
- 30g Oats
- 150g Steamed or roasted squash or pumpkin
- 1 tbsp. pesto (optional if non add some dried herbs)
- 1 clove garlic crushed
- Pinch of salt to taste

To serve

- Yogurt mixed with salt and grated cucumber to serve
- Mixed salad or coleslaw
- Tomato salsa
- Hummus
- Tahini sauce

Method

First make the pita bread.

1. Mix dry ingredients together in one bowl, then mix wet together in another bowl.
2. Combine the two together. Knead lightly to make sure they are well combined.
3. Place covered in a bowl in a warm oven around 40-50C. Cover with a wet cloth. You want it to double in size, around 45 min.
4. Next make the quinoa balls. Place all the ingredients in a bowl and mix together.



5. Make little balls about the size of golf ball (around 30g in weight), place on a baking tray that has been rubbed with olive oil. Brush a little oil on top of the balls.
6. Get any sides or dips made that you are going to use ready.
7. Take the dough out of the warm oven and turn the oven up to 220C
8. Knock the dough back and divide up into 10-12 balls.
9. Start rolling the balls out into flat round shapes and place onto a floured baking tray. Only cook so many that will fit on a tray without touching.
10. Bake for 10 min then remove from the oven. Keep them wrapped in a tea towel to keep soft.
11. Once you have all the pita bread baked turn the oven down to 200C.
12. Place the quinoa balls in the oven and bake for 15 min.
13. Once cooked slice open the pitta breads, stuff with quinoa balls, and add sauces/toppings and eat!

Notes:

In place of cassava flour you can use corn flour and it should have the same consistency.

In place of psyllium husk you can use flax seeds or ground chia seeds so long as there are no issues with seeds in your household.

If you don't have apple cider vinegar, plain white wine vinegar will do fine, red wine vinegar might give a colour to your dish.

If dairy free then use coconut yogurt.

Source: Recipe by Kate Waters