



Dr. Laleh's potato & herb pitas

Ingredients

Amount

Pete & Gerry's organic egg whites (100% egg whites)	1 Carton
Yellow potatoes-pre-cooked	1 small (6 oz)
Chickpea flour	1 C
Coriander seeds (crushed or ground)	1 teaspoon
Fennel seeds	1 teaspoon
Nutritional Yeast	1 TBS
Baking Powder	½ tsp
Cream of Tartar	¼ tsp
Sea salt	¼ tsp
Dried Rosemary	1 tsp
Dried Tarragon	1 tsp
Walnut oil	Spray

Preparation:

- Wrap washed yellow potatoes in aluminum foil.
- Preheat the oven at 475 F
- Bake potatoes for 60-90 minutes until completely cooked. Use a fork to test, when completely soft, remove from oven and cool at room temperature. Refrigerate with the aluminum foil and use as needed.
- Place egg whites, 1 small sweet potato (about 6 oz) spices, flours & herbs all in a Magic Bullet blender. Blend until completely liquefied so that can be poured out of the blender.
- Preheat a pancake iron (Cuisinart) on medium heat.
- When the pancake iron is ready, lightly spray with walnut oil.
- Pour the batter into the pancake iron (mini pancake compartments) and shut.
- Check periodically; depending on the Waffle/pancake iron it takes about 15-20 minutes for the pitas to be fully cooked to a pita consistency.
- Once cooked, remove from heat and cool on a rack.
- Enjoy like pita, or burger bun.

Nutrition Facts

Servings 12.0

Amount Per Serving

calories 63

% Daily Value *

Total Fat 1 g 1 %

Saturated Fat 0 g 0 %

Monounsaturated Fat 0g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %

Sodium 100 mg 4 %

Potassium 57 mg 2 %

Total

Carbohydrate 7 g 2 %

Dietary Fiber 1 g 6 %

Sugars 1 g

Protein 7 g 13 %

Vitamin A 0 %

Vitamin C 4 %

Calcium 1 %

Iron 1 %