

Recipes

Whole Wheat Pizza Dough

Ingredients:

Equipment:

cup flour, white, for breads
cup whole wheat flour
1/4 teaspoon salt
teaspoon sugar
package yeast, quick rise
2/3 cup hot water
tablespoon olive oil

Flour Sifter Measuring cups Measuring spoons Medium mixing bowl Small mixing bowl

Number of Servings: 8 Prep Time: 45 minutes Total time: 1 hour

Directions

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- 1. Preheat oven to 400°F.
- 2. Sift together white bread flour, salt and sugar into large bowl. Blend yeast with flour mixture. Add hot water; stir to form dough.
- 3. Add enough whole wheat flour to make a dough that sticks together in a soft, rather flat, ball form.
- 4. Sprinkle half of the remaining whole wheat flour on the kneading surface; turn out dough onto floured surface; knead to form stiff dough, adding as much of the remaining flour as needed to make dough smooth and elastic. Knead about 5 minutes.
- Coat inside of small mixing bowl with ½ Tbsp. olive oil. Place dough in bowl, turning to coat completely with oil. Cover; allow to rise at room temperature until dough has doubled in bulk, about 10-15 minutes.
- 6. Dough can be shaped into a pizza, pretzel or loaf.

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Nutri Serving Size Servings: 8		Facts	i.
Amount Per Se	erving		
Calories 127		Calories from Fat 18	
	%Dail		/alue*
Total Fat 2g			3%
Saturated Fat trace 1g			2%
Cholesterol 0mg			0%
Sodium 69mg			3%
Total Carbohydrate 24g			8%
Dietary Fiber 3g			10%
Protein 4g			8%
Vitamin A	0%	Vitamin C	0%
Iron	8%	Calcium	1%
*Percent Daily	Values are	based on a 2,000 cald	orie diet

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