**Whole Wheat Pizza Dough**

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

**Equipment:**
- Flour Sifter
- Measuring cups
- Measuring spoons
- Medium mixing bowl
- Small mixing bowl

**Directions**
1. Preheat oven to 400ºF.
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.
5. Coat inside of small mixing bowl with 1/2 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.

**Nutrition Facts**
- Serves: 8
- Serving Size: 1/8 wedge
- Calories: 127
- Total Fat: 2g
- Saturated Fat: 1g
- Cholesterol: 0mg
- Sodium: 69mg
- Total Carbohydrate: 24g
- Dietary Fiber: 3g
- Protein: 4g

*Percent Daily Values are based on a 2,000 calorie diet.*

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