

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

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

Directions

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.
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.

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Nutrition Facts

Serving Size: 1/8 wedge			
Servings: 8			
Amount Per Serving		Calories from Fat 18	
Calories 127			
		%Daily Value*	
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 calorie diet.			

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