



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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WHOLE WHEAT PIZZA DOUGH

Makes 1 Large Pizza. Total Time 70 minutes.

INGREDIENTS

1 Cups	Warm water (110F)	1 tsp	Olive Oil
2 ¼ Cups	Active Dry Yeast	1 tablespoon	Honey
1 tsp	Sugar	1 ½ tsp	Salt
2 ½ Cups	Whole Wheat Flour		

DIRECTIONS

1. In a stand mixer, combine warm water, yeast, and sugar. Let the yeast start to foam and bubble, about 5-10 minutes.
2. Using the dough hook, turn the mixer on low and slowly add half of the flour, olive oil, honey, and salt. When flour is combined, add the remaining flour. Once the dough starts to form, increase speed to medium. Mix for 3-5 minutes, until dough is well combined.
3. Remove the dough from the mixer and place on a floured counter. Knead a few times to form a ball. Dough should be smooth and shiny. Place dough in a greased bowl, cover loosely with a towel and let rise for 30 minutes.
4. When ready to bake, preheat oven to 450F (higher temperature for crispier crust). Roll dough into a 14 inch round. Place on a pizza pan or pizza stone. Spread with desired sauce and toppings. Bake for 16-20 minutes or until crust is golden brown. Remove pizza from oven and let cool for 5 minutes before slicing.

