

Whole Wheat Pizza Dough

On a busy day, try this quick and easy pizza dough for a meal that will please even the pickiest eater. Top with your favorite veggies and sauce!

Serves 6



Nutrition Facts

Serving Size 1 Slice of Pizza
Servings Per Recipe 6

Amount Per Serving

Calories 160 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 31g **10%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Ingredients

- ¾ cup warm water
- 1 ½ teaspoons yeast
- 1 teaspoon sugar
- 1 teaspoon olive oil
- ¼ teaspoon salt
- 1 cup whole wheat flour
- 1 cup all-purpose flour

Directions

1. Preheat oven to 400 degrees.
2. In a large mixing bowl, combine water, yeast and sugar. Let stand for 5 minutes.
3. Add sugar, olive oil, salt, whole wheat and all-purpose flours, and mix to combine.
4. Knead dough for 5-10 minutes or until smooth and elastic.
5. Cover bowl with a damp towel and let dough rest for 5 minutes (or up to 1 hour if time allows).
6. Roll or press dough into desired shape and thickness.
7. Add your favorite sauce and toppings.

