WHOLE WHEAT PIZZA CRUST

SERVES 8

Preparation time: 45 minutes
Cook time: 15 minutes

INGREDIENTS

1 tablespoon sugar
1 cup warm water
1 envelope active dry yeast
1 teaspoon salt
2 cups whole wheat flour
1½ cups all-purpose flour
¼ cup vegetable oil

DIRECTIONS

1. Preheat oven to 375°F.
2. In a small bowl, dissolve the sugar in warm water. Sprinkle yeast on top and let stand about 5 minutes.
3. Combine flours with salt in a large mixing bowl. Make a well in the center of the flour mixture and pour in the yeast mixture and oil. Mix until flour is incorporated and the dough begins to hold together.
4. Turn dough onto a floured surface and knead until dough is smooth and elastic. Place in a well-oiled bowl and let rise until it doubles in bulk.
5. Cut risen dough in half. Shape dough into two pizza crusts using 9x13-inch pans or round pizza pans.
6. Add pizza sauce, cheese and desired toppings.
7. Bake for 25 minutes.

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TIPS & VARIATIONS

• SAVE MONEY by using bulk yeast. This recipe costs under $1 to make if you use yeast bought in bulk.