

Whole Wheat Pizza Dough

1 c warm water
1 pkg. yeast
3 c organic whole wheat flour
2 tsp. olive oil
½ tsp. Salt

Combine the water, yeast and ½ of the whole wheat flour in a large bowl. Add the remainder of flour, oil and salt. With hands or a large wooden spoon, work the ingredients together until the dough holds its shape. You may need a bit less flour, so add the last of the flour gradually. Place the dough on a lightly floured surface and knead until smooth and elastic-about 8 to 10 minutes. If the dough becomes sticky, sprinkle a bit of flour over it.

Transfer dough to a lightly oiled 2 qt. bowl. Cover the bowl with plastic wrap or a damp kitchen towel and let rest until it has doubled in size, about 1 hour. When the dough has risen, place on a lightly floured surface, divide into 2 or more parts and roll into balls. Cover with a towel and let rest for 15-20 minutes. The dough is now ready to be shaped, topped and baked. Bake at 425 degrees F. until cheese is melted and crust is browned.

One Pizza Dough: 1311 calories; 37 g dietary fiber; 267 g carbohydrates; 40 g protein; 21 g fat (1 g saturated fat); 0 mg cholesterol; 1163 mg sodium.