Whole wheat pizza crust



Recipe credit

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About this recipe

Serves
12
Serving size
2 slices prepared pizza
Time to make
45 minutes preparation; 25 minutes cook time
Special criteria
Vegetarian recipes
Whole grains recipes

Ingredients

- 2 cups whole wheat flour
- 1 1/2 cups all-purpose flour, divided
- 1 package active dry yeast (rapid or quick-rise yeast)
- 1 teaspoon salt
- 1 3/4 cup warm water
- 1/4 cup oil, preferably olive
- Desired pizza toppings

Directions

1. Preheat oven to 375 degrees F.
2. In a large mixing bowl, combine 2 cups whole wheat flour and 3/4 cup all-purpose flour with the yeast and salt.
3. Make a well in the center of the flour mixture. Pour in the warm water and oil. Mix with a spoon until the flour is incorporated and the dough begins to hold together (it will be a little wet). Add all-purpose flour as needed for desired consistency.
4. Place dough in a well-oiled bowl, cover with plastic wrap or a kitchen towel. Let rise until it doubles in bulk (about 30-40 minutes).
5. Sprinkle 1/4 cup flour onto the counter. Turn dough out of the bowl and sprinkle a little flour on top. Gently work the flour in to the dough until it is no longer sticky.
6. Cut dough in half. Shape dough into two pizza crusts using 9” x 13” pans or round pizza pans. Bake crusts for 5 minutes in preheated oven.
7. Add desired toppings and bake an additional 20 minutes or until the crust is golden brown and cheese (if used) is melted.
8. Cut each pizza into 12 pieces.

Tips and variations

- While the dough rises, make the marinara sauce and prepare the pizza toppings.
- Use a larger pan for thin crust, a smaller, deeper pan for thick crust.
- Try a margherita pizza. Brush dough with olive oil, and sprinkle on crushed garlic, fresh basil, fresh chopped tomatoes, mozzarella or parmesan cheese.

Nutritional info

Calories
166
Total fat
5.2 g
Saturated fat
0.7 g
Cholesterol
0 mg
Sodium
194.9 mg
Total carbohydrates
26.6 g
Dietary fiber
2.7 g
Protein
4.5 g
Total sugar
0.1 g
Allergens
Wheat

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