

Whole Wheat Pizza Crust

Ingredients

- 1 tablespoon dry yeast
- 1 1/2 cups warm water
- 1 1/2 cups whole wheat flour
- 1 1/2 cups bread flour
- 1 teaspoon sea salt
- 1 tablespoon extra virgin olive oil

Instructions

1. In a small bowl, mix yeast with warm water. Let sit for about 10 minutes until frothy.
2. In the bowl of an electric mixer equipped with a dough hook, combine whole-wheat flour, bread flour and salt. Mix well. Pour yeast mixture and oil into flour mixture and mix on low until flour is distributed and mixture is not sticky. Increase speed to medium and mix until dough is elastic and forms a ball, about 10 minutes.
3. Cover and let rise until dough is doubled in size, about 30 minutes to 1 hour.
4. Preheat oven to 375°.
5. Punch down dough. Lightly flour a working surface and knead dough by hand until smooth and elastic, adding flour if necessary. Divide into 8 equal portions and roll into balls. With a rolling pin, roll each dough ball (adding flour if board gets sticky) and flatten into 8-inch circles.
6. Transfer to a cookie sheet which has been sprayed with nonstick vegetable coating and dust with cornmeal. Bake shell for 10 to 15 minutes. Remove from heat and arrange toppings, and bake for another 10 to 15 minutes until heated through.

Serving Information

- Makes 8 individual crusts, each containing approximately:
- 205 calories
 - 40 gm. carbohydrate
 - 2 gm. fat
 - 0 mg. cholesterol
 - 8 gm. protein
 - 277 mg. sodium
 - 2 gm. fiber