

WHOLE WHEAT PIZZA CRUST

Makes 1 14" thin crust or 1 calzone recipe

1 pkg. Active Dry Yeast $2\frac{1}{2}$ tsp.

5 ounces water (warm-105-115°)

$\frac{1}{2}$ tsp. sugar

$\frac{3}{4}$ cup all-purpose flour

$\frac{3}{4}$ cup whole wheat flour

$\frac{1}{4}$ tsp. salt

1 ounce (2 tbsp) vegetable oil

1. Combine yeast, sugar & warm water in liquid measuring cup.
Set aside.
2. Combine flours and salt in a large mixing bowl.
Pour in yeast mixture and oil.
Stir with a wooden spoon until dough forms.
3. Knead on clean surface with lightly oiled hands - 5 minutes,
until smooth and elastic.
4. Place in an oiled plastic bag. Let rise in a warm place for
30 minutes or until doubled in size.
5. Punch down dough. Shape as desired.

Note: Dough may be frozen. Freeze in freezer bags for up to one month. Thaw in refrigerator 8-12 hours or at room temperature 2-3 hours. Dough does not have to rise again after thawing.