Whole Wheat Pizza Dough

Tired of the average pepperoni pizza? Try making your own at home, with healthy whole grains! This dough is delicious, easy, and great for first-time yeast users. The best part of it is— you can put whatever you want on your pizza! From roasted vegetables, chicken and ground beef to peppers and pesto, test your creativity while enjoying a healthy version of a classic food.

Recipe submitted by: Brianne Cowan, Dietetic Intern, Nancy Rogers, MS, RDN, supervisor
Recipe from: www.sallysbakingaddiction.com

Tell us what you think!
@UALifeWork

Whole Wheat Pizza Dough
Serves: 8, makes 1 large pizza
Cook time: 15 minutes
Ready in 2 hours, 15 minutes

Ingredients
- ½ tablespoon instant yeast
- ½ teaspoon granulated sugar
- ¾ cups warm water
- ½ tablespoon honey (optional)
- ½ teaspoon salt
- ½ tablespoon olive oil
- 1 ½- 1 ¾ cups whole wheat flour

Directions
1. In a large mixing bowl or stand-up mixer, combine sugar, yeast and warm water. Let it sit for 5 minutes or until yeast is foamy and dissolved. If yeast doesn’t dissolve, your water was too hot so you may need to try again.
2. Add olive oil, salt, and honey (if desired). Whisk by hand or with dough hook on stand-up mixer for 30 seconds.
3. Add 1 ½ cups whole wheat flour and mix until dough starts to come together. Once mixed, knead by hand or with mixer for 5 minutes. If dough is too sticky and wet, add up to 1/3 cup additional flour. Dough is done when texture is smooth and elastic.
4. Place ball-shaped dough into a large bowl that has been sprayed with nonstick spray or lightly coated in olive oil. Cover tightly with plastic wrap and allow dough to rise in a warm environment, until doubled in size (about 1 hour).
5. After it has risen, punch dough down to release air then allow dough to rest again covered for 20 minutes.
6. While dough is resting, preheat oven to 475°F degrees. Grease and dust a baking sheet or pizza stone with nonstick spray/olive oil and cornmeal or flour for texture.
7. After 20 minutes, flatten dough onto a 10” or 12” round circle (depending on how thick you want your crust) using your hands or a rolling pin. Transfer to baking sheet or pizza stone and brush with olive oil to prevent a soggy crust.
8. Top with your favorite toppings and bake for 15 minutes or until crust is lightly browned.
9. Slice and serve. Enjoy!

Nutrition Facts
Serving Size (50g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 100</th>
<th>Calories from Fat 15</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0.0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
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<td>12%</td>
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<tr>
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<td></td>
</tr>
<tr>
<td>Protein</td>
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Vitamin A: 0%
Vitamin C: 4%
Calcium: 0%
Iron: 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000-2,500

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<th>Fat</th>
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<th>Protein</th>
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<tbody>
<tr>
<td>Less than 65g</td>
<td>Less than 300mg</td>
<td>Less than 10g</td>
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