



Professional Health & Fitness Solutions

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Whole Wheat Pizza Crust

4 cups whole wheat flour
1 tablespoon honey
1 tablespoon yeast
2 teaspoons salt
3 tablespoons olive oil
1 3/4 cups warm water

In a big bowl combine the flour, honey, yeast, and salt. Mix it up together with a fork or spoon. Add the oil and warm water. The water should be luke warm, not hot. I use tap water that is warm when I stick my finger in it, like a baby's bath water or about 100°. Use a wooden spoon to stir all of this up until it begins to form a soft dough.

Take out the spoon and dig in with your hands. Knead for about two minutes, until the dough is smooth, resilient and well formed. Next the dough has to rest for twenty minutes. Allowing the dough to rest makes the job of rolling the dough into the pan easier.

After the dough has rested for a while divide it into 3-4 balls for large thin crust pizzas and smaller balls for individual thin crust pizzas. This amount of dough is enough to cover 3-4 16-inch pizza pans if you make the crust very thin...which I recommend! (the good stuff's in the toppings anyhow) This recipe will make 3-4 large pizzas & 12-14 individual sized pizzas depending on how thin you make the crust.

Use a rolling pin to roll the crusts out for thin crusts. Then the crusts must be PRE-BAKED before filling. Preheat your oven to 425°. Bake the plain crusts for about 4-5 minutes, or until they puff up and appear dry on the surface (bake longer for thicker crusts) Remove the crusts from the oven. At this point you have some options. You may allow the crusts to cool and refrigerate them for a day or two. You may also freeze the crusts for a month or two. To prevent freezer burn, make sure they are well wrapped in plastic wrap or tin foil, or better yet: Both.

Remove the partially cooked crusts from the oven. Top with tomato sauce, cheese and whatever else you like. Regardless, I bake them at 425° until the cheese is hot and melted, about 8 minutes, then broil them for 2 minutes to get the cheese all bubbly.

FLT Servings Per 8" Individual Crust (14 per recipe): 1.5 Grains, approx 155 calories