**Pizza Dough Mix**

Adapted from More-With-Less Cookbook, Mennonite Central Committee

**Contains**:

1 ¾ cup unbleached flour

1 ¾ cup whole wheat flour

1 Tbsp sugar

1 tsp salt

1 ¼ tsp instant yeast

**To make**:

1. Pour about ½ of pizza dough mix into a large bowl

2. Combine 1 cup very warm water and 2 Tbsp vegetable oil

3. Add wet to dry ingredients, beat until smooth

4. Stir in remaining pizza dough mix

 5. On a floured surface, knead dough, adding more flour as needed to prevent sticking. Knead about 5 minutes until smooth and elastic

 6. Place dough in a greased bowl and let rise in a warm place until doubled in bulk, about 30 minutes.

 7. Form into 2 balls, roll or pat each out and place on greased pizza pan. Let rest 10 minutes

 8. Spread with tomato sauce, add your favourite toppings, cheese

 9. Bake 400F 20-25 minutes.

**Variations**:

-replace water with milk

-substitute whole wheat flour with rye, buckwheat, oat flour etc

-add 1-2 tsp Italian seasoning with the flour mix

-for a dryer, crunchy crust, prebake the crust for 5 minutes before adding toppings

- toppings: sweet peppers, mushrooms, onions, pineapple, lean ham, cooked ground beef or chicken, pesto sauce, olives, tomatoes, fresh herbs, feta cheese etc.

-you need half the amount of strong cheeses, such as extra old cheddar to get the flavour that you would need with a mild cheeses like mozzarella, thus reducing cost and fat.

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*‘Bringing families back to the table’*

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