

# QUICK WHOLE WHEAT PIZZA CRUST

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## INGREDIENT LIST:

2 cups whole wheat flour  
1 package active dry yeast/instant yeast  
3/4 teaspoon salt  
1 cup hot tap water (120 – 125°F)  
1 tablespoon vegetable oil (canola or olive oil work well too)  
1 tablespoon honey or granulated sugar  
1 tablespoon\* gluten\* Optional ingredient\*

## DESCRIPTION:

Rising and baking times may be extended. Some people prefer to “pre-bake” the crust for about 3 minutes before adding the toppings. Crust will be “crispier” than if not pre-baked.

\*The optional ingredient, gluten, may be added to help the dough rise – resulting in a thicker, chewier crust.

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## DIRECTIONS:

Preheat oven to 425°F

To prepare pizza dough, stir whole wheat flour; lightly spoon into a measuring cup and level flour.

In large mixing bowl, combine whole wheat flour, yeast and salt. Blend in water, oil and honey or sugar. Stir by hand vigorously until all ingredients are well mixed; about 3 minutes. Cover with plastic wrap and let rise to desired size.

Place dough in greased 15 x 10 x 1-inch jelly-roll pan or 12 to 14-inch pizza pan. Press dough to cover bottom of pan and up sides to form a rim.

Add pizza sauce of your choice and your favorite pizza toppings; bake in oven 15 to 20 minutes or until crust is golden brown and toppings are done.

**Servings:** Provides 8 servings

**Calories/Serving:** 146 calories/slice of crust only

**Nutrition:** One slice of crust only provides approximately: 146 calories, 5 g protein, 27 g carbohydrates, 4 g fiber, 2 g fat (0 g saturated), 0 mg cholesterol, 37 mcg folate, 2 mg iron and 219 mg sodium.



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