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Pizza Dough

By Gemalli Austin, DrPH, RD

Ingredients

- 1 c of whole wheat flour
- 1 c of white flour
- 1/3 c of cornmeal
- 1 t of garlic
- 1 t of dried basil
- 1 ts of salt
- 2 t of maple syrup or honey
- 1 T of active dry yeast
- 1 c of warm water; divided

Instructions

1. Stir together 1/2 cup of warm water with honey or syrup; stir yeast. Let stand for 10 minutes or until foamy.
2. In a bowl, combine flours, garlic, basil and salt.
3. Combine the rest of the water, oil, yeast mixture
4. Knead for about 10 minutes. Place dough in a greased bowl. Cover with plastic wrap and let stand at room for about 1 to 1 1/2 hrs. or until doubled in volume. Punch down dough; cut into two portions. Roll out each portion into 12-inch pizza pan. Let stand for 20 minutes.