

## Homemade Pizza Crust

8 servings

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Balancing the calories you eat with the calories your body uses will help you maintain a healthy weight and prevent disease.

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- 1 ¼ cups whole wheat flour
- 1 ¼ cups all-purpose flour
- 2 ¾ teaspoons baking powder
- 1 teaspoon salt
- 1 Tablespoon vegetable oil
- ¾ cup water
- ½ cup pizza sauce
- 2 cups vegetables, washed (sliced tomatoes, shredded carrots, sliced bell peppers, sliced onion, etc.)
- 5 ounces Mozzarella cheese, shredded
- Fresh basil leaves, gently rubbed under cold running water (optional)

1. Wash hands with soap and water.
2. Preheat oven to 400 °F.
3. Spray a large baking sheet or pizza pan with non-stick cooking spray. Set aside.
4. In a medium bowl, combine flour, baking powder, and salt.
5. Add oil and water. Stir until it forms a ball. If dough is stiff add up to ¼ cup more water.
6. Knead dough on a floured surface for 3-4 minutes.
7. Press/roll dough out on a prepared pan.
8. Spoon pizza sauce on dough.
9. Arrange desired toppings over sauce. Sprinkle on cheese.
10. Bake for 15 - 25 minutes.
11. Store leftovers in a sealed container in the refrigerator for up to 4 days.



**Nutrition Information per Serving: (1/8 of pizza)** Calories 220, Total Fat 6g, Saturated Fat 2g, Sodium 582mg, Total Carbohydrate 32g, Dietary Fiber 3g, Protein 10g