

THE Pizza Dough Crust

Ingredients:

2 cups whole wheat flour
1/4 cup vital wheat gluten [opt.]
1 T baking powder
2 1/4 T yeast [or one packet]
1/2 t sugar
1 cup hot water
1 T flax seeds
2 t red quinoa
2 t chia seeds
1/2 cup walnuts
1/3 cup nutritional yeast
2 T sunflower seeds
1 t salt
1 T olive oil
2 T dried basil [opt]

Prepping Time:

15 minutes

Waiting Time:

1 hour

Cook time:

15-18 minutes at 400°F

Makes 2 ~12" thin crust pizzas

1. Take out 2 mixing bowls. In the smaller mixing bowl, measure the yeast and hot water. Set aside.
2. Measure your walnuts into the food processor. When finely ground, add the nutritional yeast and sunflower seeds. Pulse until powdery.
3. Mix together your whole wheat flour, vital wheat gluten flour, baking powder, flax seeds, red quinoa, chia seed and salt.
4. Add the olive oil.
5. Add the water/yeast mix, which should be bubbling a bit.
6. Fold in the water and then knead with hands [add water, T at a time or flour if the consistency is too dry or too wet].
7. Knead for 5-10 minutes.
8. Place in bowl, cover, and let rise for at least one hour.
9. Punch down the dough and separate into two balls.
10. Roll out the dough on a cookie sheet sprayed with olive oil using a rolling pin or stretching with your hands.
11. Add your preferred toppings.
12. Bake at 400°F for 15-18 depending on how crispy you prefer.
13. Eat!!

