

Whole-Wheat, Flax and Honey Pizza Dough

By GoYaGirl!

- **Prep Time:** 30 mins
- **Total Time:** 45 mins
- **Serves:** 4-6, **Yield:** 1.0 12 inch pie

ABOUT THIS RECIPE

"The best whole-wheat pizza dough I have had thus far. I found this recipe at eatcleanlivegreen.com but it originally comes from the Eat, Shrink and Be Merry cookbook."

INGREDIENTS

- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 2 tablespoons flax seed meal
- quick-rising yeast
- 1/2 teaspoon salt
- 2/3 cup very warm water
- 2 teaspoons olive oil
- 2 teaspoons honey
- nonstick cooking spray
- cornmeal

DIRECTIONS

1. In a medium bowl, combine flours, flax meal, yeast and salt. Mix well.
2. Measure warm water in a measuring cup, stir in olive oil and honey. Pour mixture over dry ingredients and mix using a wooden spoon to form a ball. Turn dough onto lightly floured surface, knead for 2 minutes. Spray another bowl with nonstick spray and place dough inside. Cover with plastic wrap and let rise in a warm place until double in size, about 20 minutes. Meanwhile, spray a 12-inch cookie sheet with nonstick spray and dust with cornmeal.
3. When dough has risen, turn out onto a lightly floured surface and, using a rolling pin, roll dough into a 12 inch circle. Transfer dough to prepared pizza pan. Top with pizza toppings and bake for 15 minutes in a 425* oven. Or, prick crust with a fork and baked untopped for 6 minutes. Remove crust from oven, top with pizza toppings and bake for an additional 8-10 minutes.