



Whole Wheat Pizza Dough Recipe

Yield: dough for 1 large pizza

Ingredients

- 3/4 cup warm water
- 2 teaspoons active dry yeast
- 1 teaspoon organic sugar
- 2 cups whole wheat flour, divided
- 1/4 cup cornmeal
- 1 1/2 teaspoons salt
- 2 Tablespoons extra virgin olive oil

Instructions for Kids

- In a small dish, combine warm water, yeast, and sugar. Set aside for about 5 minutes until it foams. (If it doesn't foam, dump it out and start again.) In a large mixing bowl, combine salt, 1 cup flour, and cornmeal. Stir to combine. Add the yeast mixture and olive oil. Stir to combine.
- Add more flour until you have an elastic dough that no longer sticks to your hands. Do not knead it yet! The glutens in whole wheat flour have to rest a moment before you knead. Instead, cover it with a moist towel for about 15 minutes.
- After the dough has rested, knead on a floured surface for about 8 minutes. This dough will make one large pizza, two medium pizzas, or four individual pizzas. Divide your dough according to your needs. Then cover each in a separate bowl with a bit of olive oil to coat and prevent from sticking. Cover the bowl with a moist towel.
- Let the dough rise for at least 1 hour. Instead of punching the dough down, immediately roll it for your pizza. Place rolled dough on a pizza pan that has been greased.

Instructions for Adults

- Par-bake in preheated 500-degree oven for 4 minutes. At this stage, you can either add toppings and continue to make your pizza, or freeze the cooked dough for later use.

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