

# WHOLE WHEAT PIZZA

## Ingredients

- 1 cup water
- 1 tbsp extra virgin olive oil
- 1 envelope (2 1/4 tsp) rapid-rise or instant yeast
- 2 3/4 cups whole wheat flour
- 1/4 cup grated Parmesan cheese
- 1 tsp fine salt
- 1 tbsp honey or sugar

## Directions

- Preheat oven to 500 degrees F with a rack in the upper third of the oven.
- Whisk water, oil, honey, and yeast in a small bowl and allow yeast to proof for 5 minutes.
- Pulse flour, parmesan, and salt in food processor until combined.
- While running the food processor, slowly pour in water mixture and process until a ball forms.
- Knead dough on a floured surface until it comes together. Then cut the dough in half.
- On a floured surface, roll the two halves of dough into rounds about 11 inches in diameter as thin as possible.
- Place one of the rounds on a baking sheet lined with parchment paper.
- Brush the outer 1-inch of the dough with olive oil.
- Add your choice of sauce, cheese, and toppings.
- Bake on the top oven rack for 10-12 minutes.
- Repeat with other dough half.
- Slice and serve!



Serves 4-8  
people!