



Vegetarian Pizza

6 Servings • 1 Serving = 2 Slices

INGREDIENTS

- 1 ½ cups all purpose or bread flour, plus more for kneading
- 1 ½ cups whole wheat flour
- 2 teaspoons instant yeast
- 2 teaspoons salt
- 2 Tablespoons extra virgin olive oil, plus more for brushing
- 1 cup water, plus additional, if needed
- 1 cup mozzarella cheese
- Your choice of vegetables such as: garlic (chopped), rosemary, mushrooms, tomatoes (chopped), basil, bell peppers, etc.

DIRECTIONS

1. Place whole wheat flour, 1 ½ cups all purpose or bread flour, yeast, salt, and oil in a food processor or blender. Blend, then add water. Mix until the mixture forms into a ball (it should be sticky). If the mixture is too dry, add more water, 1 Tablespoon at a time. If the mixture does not come together, add more flour, 1 Tablespoon at a time.
2. Shape the dough into a ball and wrap in plastic wrap. Let it rest at room temperature until it doubles in size, about 1-2 hours.
3. Reshape the dough into a ball and cut in half, forming two balls. Use the extra all purpose flour to lightly flour a surface. Place dough on floured surface, brush them with a bit of oil, and place on a lightly oiled sheet. Let rest for about 20 minutes. Meanwhile, preheat the oven to 500° F.
4. Press one of the balls of dough into a ½" thick flat round, adding additional flour to the work surface area as necessary. Press or roll the dough until it's very thin. Let it rest if it becomes too elastic. Repeat with second ball of dough.
5. Place each of the crusts on a baking sheet and sprinkle with a little oil. Spread cheese across tops of pizza and add your choice of vegetables. Bake for at least 10 minutes, rotating once, until the crust is crisp.

Nutrition Facts	
6 servings per container	
Serving size	2 slices
Amount per serving	
Calories	310
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 920mg	40%
Total Carbohydrate 45g	16%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 145mg	10%
Iron 3mg	15%
Potassium 160mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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