**Whole Grain Pizza Crust**

**Ingredients:**

1 crust

1 (.25 ounce) package active dry yeast

1 teaspoon sugar

1 cup warm water (110 degrees F/45 degrees C)

1 1/2 cups wheat flour

1 cup white flour

2 tablespoons olive oil

1 teaspoon salt

Tips: Add some of your favorite seasonings like garlic, rosemary, or thyme to your crust!

**Directions:**

1. Preheat oven to 450°F.
2. In a medium bowl, dissolve yeast, sugar, in warm water. Let stand until creamy, around 10 minutes.
3. Stir in flour, salt and oil. Mix until smooth. Let rest for 5 minutes in a warm area.
4. Knead dough out onto a lightly floured surface and pat or roll into a round ball.
5. Flatten out the dough.
6. Transfer crust to a lightly greased pizza pan. Spread sauce and toppings on dough.
7. Bake in preheated oven for 15 to 20 minutes, or until golden brown.
8. Let cool for 5 minutes and enjoy!

Have extra dough? Freeze it for another day!

Interested in learning more about nutrition and health? Call the Wellness Center at 255-4444 and schedule an appointment one of our dietitians.