

Easy Pizza Dough and Sauce

Ingredients:

| Pizza Dough | |
|----------------------------|--------------------------------|
| Whole wheat flour* | 1 cup |
| White flour | 1 cup |
| Salt | ¼ teaspoon |
| Instant (quick-rise) yeast | 1 package (7g) or 2¼ teaspoons |
| Warm water (not hot) | 1 cup |
| Vegetable oil | 1 tablespoon |
| White flour | ½ cup |

| Pizza Sauce | |
|---------------|----------------|
| Tomato sauce | 1 can (213 ml) |
| Oregano | 1 teaspoon |
| Basil | 1 teaspoon |
| Garlic powder | ½ teaspoon |
| Sugar | ½ teaspoon |

*Use 1 cup white flour if you do not have whole wheat flour

Directions:

1. In a large bowl, mix together whole wheat flour, white flour (1 cup), salt and yeast.
2. Mix in warm water and oil. Slowly stir in more white flour (up to ½ cup) to make dough soft.
3. Place the dough on a lightly floured surface. Knead dough (work in flour with the palms of your hands) until it is smooth and elastic, about 5 minutes.
4. Shape dough into a ball and place into a large, lightly oiled bowl. Cover with a clean tea towel and let rest for 10 minutes. Roll out with a rolling pin or flatten with your hands.
5. Gently spread dough onto a greased baking sheet.
6. Prepare pizza sauce: mix all pizza sauce ingredients together in a bowl. Spread sauce on pizza dough and add toppings of your choice.
7. Bake at 400°F for 15 minutes or until cheese is melted and crust is golden.



Makes one pizza

Tip: Make dough ahead of time and store in the freezer or fridge:

- Freezer: Store dough in freezer bag for up to 1 month. Thaw frozen dough in fridge overnight. Let sit on counter for one hour before using.
- Fridge: Store dough in plastic wrap for up to 1 day. Let sit on counter for one hour before using.