

Whole Wheat Pizza Crust

Author: from "Pizza, California Style"

Carolyn T's
Cookbook

Servings: 4



Preparation Time: 55 minutes

In bread machine: place all dry ingredients in pan, then add water last. Set for dough. Watch during the initial kneading to make sure the dough has the right consistency - too wet or too dry.

2 cups all-purpose flour
1 cup whole wheat flour
1 teaspoon salt
2 teaspoons honey
2 tablespoons canola oil
1 1/2 cups water
1 tablespoon yeast

Categories: Appetizers, Breads,

Miscellaneous

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

*Per Serving (excluding unknown items): 409 Calories;
8g Fat (17.6% calories from fat); 12g Protein; 74g
Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol;
540mg Sodium. Exchanges: 4 1/2 Grain(Starch); 0
Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.*