# Homemade Pizza Crust 

8 servings
Balancing the calories you eat with the calories your body uses will help you maintain a healthy weight and prevent disease.
$11 / 4$ cups whole wheat flour
$11 / 4$ cups all-purpose flour
$23 / 4$ teaspoons baking powder
1 teaspoon salt
1 Tablespoon vegetable oil
$3 / 4$ cup water
$1 / 2$ cup pizza sauce
2 cups vegetables, washed (sliced tomatoes, shredded carrots, sliced bell peppers, sliced onion, etc.)
5 ounces Mozzarella cheese, shredded
Fresh basil leaves, gently rubbed under cold running water (optional)

1. Wash hands with soap and water.
2. Preheat oven to $400^{\circ} \mathrm{F}$.
3. Spray a large baking sheet or pizza pan with nonstick cooking spray. Set aside.

4. In a medium bowl, combine flour, baking powder, and salt.
5. Add oil and water. Stir until it forms a ball. If dough is stiff add up to $1 / 4$ cup more water.
6. Knead dough on a floured surface for 3-4 minutes.
7. Press/roll dough out on a prepared pan.
8. Spoon pizza sauce on dough.
9. Arrange desired toppings over sauce. Sprinkle on cheese.
10. Bake for 15-25 minutes.
11. Store leftovers in a sealed container in the refrigerator for up to 4 days.

Nutrition Information per Serving: (1/8 of pizza) Calories 220, Total Fat $6 g$, Saturated Fat 2g, Sodium 582mg, Total Carbohydrate 32g, Dietary Fiber 3g, Protein 10g

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