

# Pizza Dough - Whole Wheat

Makes 1 pound dough for 2 (12-inch) pizzas

## Ingredients

- 1 cup warm water
- 1 package active dry yeast (2½ teaspoons)
- 1½ cups whole wheat flour
- 2 Tablespoons canola or olive oil
- ½ teaspoon salt
- 1¼ to 1½ cups all-purpose flour
- Non-stick cooking spray



## Directions

1. In a large bowl, add water, yeast, and whole wheat flour. Mix well.
2. Add oil, salt, and 1¼ cups all-purpose flour. Mix well. If dough is very sticky, add remaining ¼ cup all-purpose flour. Blend until dough holds its shape.
3. Place dough on a lightly floured surface. Knead until smooth and elastic, about 5 minutes. Knead by pushing down and forward on the dough with the palms of your hands. Fold dough over onto itself. Push down and forward again.
4. Spray large bowl with non-stick cooking spray. Add dough. Cover with plastic wrap. Let sit at room temperature to rest and soften, about 30–60 minutes.
5. When dough is soft and supple, remove from bowl. Knead again for 1–2 minutes. Divide evenly into 2 balls.



## Chef's Notes

- If you only want to make one pizza, or if you plan to make the pizza another time, save one or both dough balls for later use. Store dough in a lightly oiled zip-top plastic bag for up to 2 days in the refrigerator or 1 month in the freezer. Defrost frozen dough in the refrigerator overnight. Let refrigerated dough come to room temperature on the counter before using.