

Pizza Crust for the Bread Machine

Preparation time: 1 hour 30 minutes

Yield: 2 – 12” pizzas (16 slices)

If you've opted for the convenience of a bread-making machine, you can press it into service to make your pizza dough. Here's how:

- 1-1/4 teaspoons active dry yeast (or 1 teaspoon quick rising yeast)
- 1-3/4 cups warm water (between 105 and 115 F)
- 2 cups bread flour
- 1 cup ground flaxseed
- 1/2 cup whole wheat flour
- 2 tablespoons extra virgin olive oil
- 1/2 teaspoon salt

1. Assemble according to bread machine directions and put on dough cycle.
2. Spray baking sheets with non-stick cooking spray.
3. Take dough out of bread machine and place it on a slightly floured surface. Flatten the dough to form a 12-inch-diameter circle.
4. Place dough on baking sheet.
5. Pre-bake in 400 F oven for 6-8 minutes will result in a crunchier crust. Now these crusts may be frozen for use at a later time. (optional)

Nutrition Information Per Slice

Calories 127	Fat 5 g	Fiber 3 g
Carbohydrates 15 g	Omega-3 Fats 1949 mg	Calcium 23 mg
Protein 4 g	Cholesterol 0 mg	Sodium 76 mg