



Whole Wheat Pizza Dough

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3 cups water
1 tbsp. honey
2 packets active dry yeast (or 4 ½ tsp.)
4 cups whole wheat flour
2 cups whole wheat bread flour
2 cups all purpose flour
3 tsp. salt
Olive oil

1. Pour the water into a microwave safe measuring cup and microwave for 1 minute or until very warm to the touch. Add the honey and the yeast and stir to combine. Set aside for 10 minutes to let the yeast proof... aka get foamy.
2. Combine the flours and salt in the bowl of a stand mixer fitted with a dough hook, or in a large mixing bowl if mixing by hand. Knead by machine for 6 minutes or by hand for 15 minutes.
3. Put dough into a large, oiled bowl, flip the dough to coat it on all sides and then cover it loosely with plastic wrap and a towel.
4. Let rise for 1 hour, gently deflate, then portion for immediate use or freezing.