

## **Whole-Wheat Dough that Won't Disappoint**

*Makes 2, 12-inch pizza crusts*

1½ cups warm water  
1 package dry yeast  
1/4 teaspoon sugar  
2 3/4 cups whole wheat pastry flour  
1 cup unbleached all-purpose flour  
1 tablespoon olive oil  
1 1/2 teaspoons salt  
Cooking spray

In a large mixing bowl, add warm water and dissolve yeast and sugar. Let stand 5 minutes. Add flours, oil and salt to yeast mixture, stirring until blended. Knead until smooth and place back in bowl coated with cooking spray. Cover and let rise in a warm place, 45 minutes or until doubled in size. Cover and let rest 5 minutes. Divide dough in half; roll each half into a 12-inch square on a floured surface. Top and bake according to recipe directions.

This dough can be frozen. Lightly coat balls with cooking spray and place in a plastic freezer bag. When want to use, thaw in refrigerator before use.

Nutrition information for crusts: 854 calories, 10 g fat, 1.5 g saturated fat, 26 g protein, 165 g carbohydrates, 22 g fiber