

Pizza, Pizza, Pizza

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How can we leave our tour of Italy behind without reference to it's most beloved export? You guessed it, I'm talking about pizza! Whether you roll and toss it like the pros or use the convenience of a bread-making machine, you can create a delicious flax-based pizza crust!

Homemade Flaxseed Pizza Dough

Preparation time: 1 hour 30 minutes

Yield: 2 - 12" pizzas (16 slices)

You'll find that making your own pizza crust from scratch is lots easier than you'd expect. And there's something really satisfying about kneading fresh-made dough. You might never go back to store-bought again!

1 package (2-1/4 teaspoons) active dry yeast
1-3/4 cups warm water (between 105 and 115 F)
2-3/4 cups all purpose flour
1 cup ground flaxseed
1/2 cup whole wheat flour
2 tablespoons extra virgin olive oil
1/2 teaspoon salt
1 tablespoon white sugar
1/4 cup Parmesan cheese, grated

1. Add water to yeast in small bowl, let sit for 5 minutes.
2. Mix remaining ingredients together in medium bowl. Add water/yeast mixture and combine thoroughly.
3. Knead for 10 minutes on a lightly floured surface, until dough is smooth and slightly elastic.