
Whole Wheat Pizza Crust

from "Pizza, California Style"



Servings: 4

In bread machine: place all dry ingredients in pan, then add water last. Set for dough. Watch during the initial kneading to make sure the dough has the right consistency - too wet or too dry.

Per Serving (excluding unknown items): 409 Calories; 8g Fat (17.6% calories from fat); 12g Protein; 74g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 540mg Sodium. Exchanges: 4 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fat; 0 Other Carbohydrates.

2 cups all-purpose flour

1 cup whole wheat flour

1 teaspoon salt

2 teaspoons honey

2 tablespoons canola oil

1 1/2 cups water

1 tablespoon yeast

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>