

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Veggie Pizza

Crust

In a small glass bowl-

2 1/2 tsp yeast =1 packet active dry yeast

1 Tbls raw honey

2 Tbls olive oil

1 1/4 cups warm water

In a separate large bowl-

3 cups whole wheat flour

1/2 Tbls salt

Toppings

Your favorite pizza or spaghetti sauce

Lots of fresh veggies (red onion, spinach, mushrooms, zucchini, tomato, peppers, olives)

Shredded mozzarella cheese or cheese substitute

For the crust combine your wet ingredients and yeast and set aside for about 5 minutes. In a separate large bowl, mix the flour and salt with a fork to work some air into the flour. When the yeast in the water mixture is foamy pour it on top of the flour and quickly incorporate the ingredients until you have a sticky ball of dough. Dust the counter top with flour and begin to incorporate small amounts of flour into the dough while kneading until the dough becomes easier to handle and not too sticky. Knead the dough for 6-10 minutes by hand until it is smooth and springy. Wipe out your bowl with a dry paper towel to remove excess dough and grease with olive oil. Put your dough in the bowl and turn it over a few times to coat with olive oil. Cover with a dish towel and leave it in a warm area of your kitchen for about 1 hour or until the dough has doubled in size. After it has doubled, preheat your oven and pizza stone to 450 degrees. Remove the dough from the bowl and place it on a clean counter top. Divide it into 4 equal parts and roll it out to desired thickness. Put your rolled dough onto a preheated pizza stone or cookie



sheet and top with your favorite sauce and veggies and a little cheese, if desired, on top. Bake for 12-15 minutes until cheese is melted and the crust is a golden brown.