



Whole Wheat and Honey Pizza Dough w/ Toppings

Recipe Courtesy Chef Bryan Woolley

- 2 tbsp yeast
- 1 – 1 ½ cups warm water
- 2 cups whole wheat flour
- 2 tbsp gluten
- 1/4 cup wheat germ
- 1 teaspoon salt
- 1 tablespoon honey

- 2 tbsp sun dried tomato oil
- 2 large tomatoes, sliced
- 1 large onion, sliced
- 1 cup turkey breast, chopped (about 5 ounces)
- 6 sun dried tomatoes, chopped
- 4 garlic cloves, minced
- 1 cup sliced onions
- 2 cups low fat mozzarella cheese

1. Mix water and yeast together in a large bowl. Let sit for 10 minutes.
2. Add remaining ingredients and knead until smooth, about 10 minutes. If needed add flour.
3. Let sit for about 15 minutes. Roll out into a pizza round and bake in a 450 degree oven for about 8 minutes.
4. Remove from oven and brush with sun dried tomato oil
5. Arrange toppings as desired and sprinkle with cheese.
6. Place bake into the oven and bake until cheese is bubbling.
7. Serves 12 enjoy!

Nutrition Facts

Serving Size: One slice or 1/12 pizza

Calories	200
Total Fat	7g
Saturated Fat	3g
Cholesterol	20mg
Sodium	350mg
Carbohydrate	23g
Dietary Fiber	5g
Protein	13g

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Diabetic Exchanges

Protein	2
Fat	1
Carbohydrate	1.5