

Healthy Whole Wheat Pizza Dough

Students love pizzas, especially after a night out. Take away and shop bought pizzas are made with white flour (high GI) and loaded with cheese (saturated fat). In the time it takes to have one delivered you could have cooked your own. This recipe uses whole wheat flour (lower GI and extra fibre). Balls of dough can be kept in the fridge and whipped whenever you fancy. Just add whichever toppings you fancy!!

550g Whole Wheat flour

1 tsp instant yeast

1.5tsp salt

30 mL olive oil

160 mL cold water

Chopped herbs if you like!

Dough balls

1. Stir together flour, yeast and salt in big bowl
2. Stir in oil and cold water until all absorbed
3. Add herbs if using
4. Knead for 5-7 mins to get a smooth springy dough
5. Turn dough out onto a floured bench
6. Cut into 6 pieces and make 6 dough balls. Rub these with olive oil and put into sandwich bags.
7. Pop these into the fridge and leave overnight.
6 dough balls = 6 pizzas!

Pizza Time

1. Take dough ball out of fridge an hour before you want to cook (or before your night out!)
2. Preheat oven to 230°C
3. Dust large baking sheet with flour
4. Dust dough ball with flour and shape into round disc with knuckles
5. Get the disc on top of knuckles and pull into 12 inch rounds
6. Place on baking sheet and add your toppings!!

Topping Ideas

Spread salsa or tomato puree on base
Tomatoes, feta cheese and black olives, drizzled olive oil
Sauteed mushrooms, pesto, grated parmesan
Goats cheese, red pepper, olive oil
Ham, gruyere cheese, pineapple chunks
Cooked chicken, Nandos sauce, jalapenos, sweetcorn
Tomatoes, spinach, drizzled green pesto
Tuna, sweetcorn, grated cheddar

Cook in oven until crisp and golden