

## Personal Pizza

Makes 4 servings

1 c warm water  
1 1/2 t fast-acting yeast  
1.5 c whole wheat flour  
1 c all purpose flour  
1/2 t salt  
1 t garlic powder  
1 T canola oil  
1/2 c pizza sauce  
1 cup reduced fat shredded cheese  
Other toppings as desired



Mix warm water and yeast in a large drinking glass and let stand ten minutes. In a separate bowl combine flours, salt, and garlic powder. Add canola oil and water to flour mixture. Fold flour into water to combine until totally mixed. Dough should be slightly sticky. Allow dough to rise for two hours, preferably in a slightly warm environment.

After dough has risen separate into four equal balls. To assemble pizza dust a flexible flat surface (such as a flimsy cutting board or a piece of cardboard wrapped in aluminum foil) with about tablespoon of flour and stretch one of the dough balls to a 8-9" diameter. Place an empty 10" pan on the stove top on high heat and turn on the oven to the broiler setting ensuring the top oven rack is at its highest placement.

Spread 2 tablespoons of pizza sauce on the crust followed by 1/4 of the cheese and other desired toppings. Transfer pizza to hot pan and place under the broiler for 4-5 minutes until desired doneness is reached. Remove pizza from oven slice and enjoy.

Nutrition information (1 pizza): 400 calories, 10g fat, 19g protein, 64g carbohydrate, 540mg sodium, 7g dietary fiber. Excellent source of calcium and iron. Good source of vitamin A.

