

Whole-wheat and Flax-Meal Pizza Dough

INGREDIENTS:

- 2 1/4 cups whole-wheat flour
- 1/4 cup flax meal
- 1 tsp instant-rising yeast
- 1 tsp sugar
- 1 tsp salt
- 1 cup warm water (100 to 110 degrees Fahrenheit)
- 1 tbsp extra-virgin olive oil



INSTRUCTIONS:

In a large mixing bowl combine flour, flax meal, yeast, sugar and salt. Stir in water and oil with a wooden spoon. When the dough starts to hold together, remove from bowl and knead by hand for 8 minutes (a standard mixer fitted with a dough hook makes this process much easier). Shape dough into a ball and return to bowl. Cover bowl with plastic wrap and let dough rise for one hour in a warm spot (70 to 80 degrees). Before baking, remove and knead dough for 5 or 6 strokes, then shape.