

# Pizza Crust

THM-Friendly: E

- 1.25 cups sprouted whole wheat flour
- 1 tsp. active dry yeast
- 3/4 tsp. mineral salt
- 3/4 tsp. honey
- 1/2 cup plus 2 Tbsp. water, lukewarm



Mix yeast, salt, honey, and water and let sit for 5 minutes. Add flour; combine well and turn out onto a lightly floured surface (using sprouted whole wheat flour). Knead for 5 minutes. Place in a bowl sprayed lightly with cooking spray. Cover with a towel and place in a warm spot for 30 minutes. Remove from bowl and shape.

I like to cook mine on the grill, but this can also be cooked in the oven at 425° for approximately 12 minutes, or until crispy and cooked through.



<https://www.joyfullifewithkj.com/pizza/pizza-crust>

