

GRAB LIFE BY THE SLICE

MISSION: GOOD NUTRITION

Even a basic cheese pizza provides at least 3 of the 5 nutrient-rich food groups. The crust contains **FIBER, B VITAMINS** and **IRON**. (Choose whole grain when possible!) Tomato-based pizza sauce is full of **VITAMIN C** and **ANTIOXIDANTS**.

Cheese is a good source of many essential nutrients: **HIGH QUALITY PROTEIN, CALCIUM, PHOSPHORUS, VITAMIN B12, NIACIN**, and **VITAMIN A**.

AND THAT'S JUST THE BEGINNING...

Deck out your pizzas with even more proteins, fruits and vegetables for exciting flavor combinations and nutrient-rich meals!

MAKE YOUR OWN DOUGH!

1 Assemble ingredients

- 4 cups flour
- 2 ¼ teaspoon (1 packet) active-dry yeast
- 1 tsp salt
- 1 cup water
- ⅓ cup unsalted butter
- 1 Tbsp honey

2 Combine dry ingredients

In the bowl of a stand mixer fitted with a dough hook, combine 2 cups flour with one packet of dry yeast and 1 teaspoon salt.

3 Heat wet ingredients

Heat 1 cup water, ⅓ cup butter and 1 Tbsp honey to 120–130°F. If you don't have a thermometer, heat until butter is melted and mixture is slightly steaming. Remove from heat and let sit for about 5 minutes before adding the liquids to the dry ingredients in the mixer.

4 Mix

Using the dough hook or a spatula, mix until combined. Mixture will be soupy.

5 Add flour

With the mixer running on low speed, add the remaining flour ¼ cup at a time, waiting until it is incorporated before adding more. Add just enough flour so that the dough clears the bowl but is still slightly sticky to the touch. You may not need all 4 cups of flour. If you find you've added too much flour, add water in 1 Tbsp increments.



6 Knead

Continue to knead the dough with the mixer on medium low speed until dough is smooth and elastic, about 5–8 minutes. To test elasticity, grab a piece of dough and pull. It should stretch several inches before breaking off.

7 Let rise

Place dough in a buttered bowl, cover with plastic wrap and let rise in a warm spot until doubled, about 1 hour. Once the dough has risen, use your fist to gently punch down the dough to remove gases.

8 Knead & cover

Place on a lightly floured surface and knead a few times. Cover with plastic wrap and let sit for 10 minutes. Letting it rest relaxes the gluten in the flour, making it easier to roll out.

9 Roll out

Cut dough in half and roll each out into a rough 10-inch circle. If you'd like to save one crust for later, place in a greased container and store in the fridge for up to 5 days and in the freezer for up to 2 months.

10 Bake!

Transfer to a sheet pan lined with parchment paper. Add toppings as desired. Bake at 500°F until crust is golden.

DIAL IN YOUR DESTINATION

BARBEQUE

- yeast
- BBQ
- mozzarella cheddar
- chicken bacon spicy pork
- roasted peppers onions

HAWAIIAN

- yeast bagel
- marinara pesto
- mozzarella
- bacon Canadian bacon
- pineapple basil peppers

MEXICAN

- tortillas yeast
- salsa
- cheddar pepper jack
- chorizo shrimp spicy beef
- jalapeños onions chili pepper avocado black beans sour cream corn

ITALIAN

- yeast
- tomato alfredo garlic butter
- mozzarella romano parmesan asiago fontina gorgonzola ricotta
- pepperoni salami pepper giardiniera anchovies
- mushrooms tomatoes onions olives roasted garlic

THAI

- naan
- peanut
- little to none
- tofu shrimp
- green beans lime bean sprouts basil cilantro shredded carrots