



Whole Wheat Pizza

Serves 8

1 ½ cups water
1 ½ tbsp yeast
2 tbsp extra virgin olive oil
2 tsp salt
3 cups whole wheat flour
1 cup white flour

1. Combine water, yeast and oil together and let sit for about 10 minutes.
2. Add salt and flour and mix together until combined. If needed add more flour to pull into a soft dough ball. Knead together for about 10 minutes until smooth.
3. Allow dough to double in size.
4. Shape dough into 8 individual pizza shells.
5. Bake in a 400 degree oven for about 10-15 minutes.
6. Remove from oven and allow to cool.

Toppings:

4 Roma tomatoes sliced
1 cup chopped turkey breast
1 cup low fat mozzarella cheese
1 cup grated parmesan cheese
3 cups arugula lettuce
¼ cup reduced balsamic vinegar
Salt and pepper to taste

1. Divide toppings between 8 pizzas with the exception of the arugula lettuce and balsamic reduction.
2. Bake in a 450 degree oven for about 8 minutes.
3. Divide arugula between pizzas and drizzle with balsamic vinegar.
4. Serve and enjoy.

Nutritional Analysis

Serving Size: One individual pizza

Calories	400
Fat	11g
Saturated Fat	4g
Cholesterol	40mg
Sodium	960mg
Carbohydrates	49g
Dietary Fiber	7g
Protein	28g

Diabetic Exchanges:

Protein	4
Fat	2
Carbohydrates	2.5