



Pizza Crust

Makes one 8" – 9" pizza

Ingredients:

1 cup (about 140 g)	Country Sunrise All Purpose Baking Flour*
1 tsp	Baking powder
¼ tsp	Salt
¼ tsp	Garlic powder
½ tsp	Italian herbs and spices
1 tbsp	Sugar
½ tsp (about 1.6 g)	Yeast
½ cup	Warm water
1 tbsp	Vegetable oil
	Pizza sauce
	Toppings



Preparation:

1. Preheat oven to 400°F.
2. Lightly oil 8-9 inch pizza or pie pan (disposable aluminum pan not recommended.)
3. Proof yeast with sugar in ¼ cup water.
4. Mix all other ingredients with yeast in mixer and mix dough until it forms a ball (about 3-5 minutes).
5. Dough may be sticky when removing it from mixer.
6. Pat dough flat with hands and place in pan.
7. Continue flattening out the dough in pan with hands until it is evenly about ¼-inch thick.
8. Poke the dough with a fork many times, then loosely cover it with plastic wrap and place in a warm area for 10-15 minutes to let rise.
9. After the dough has risen, cover with pizza sauce and the toppings of your choice.
10. Place in 400°F oven for 15 minutes or until crust is light brown

Nutritional Information

Serving size	Phenylalanine, mg
Per Recipe	62.0
Per ¼ Pizza Crust	15.5

* PKU Perspectives