

# Whole Wheat Veggie Pizzas

**Makes:** 9 servings

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Ingredients	Weight	Measure
Whole wheat flour		2 cups
All-purpose flour		2 cups
Dry oats		1/2 cup
Active dry yeast		1 Tbsp + 1 1/2 tsp
Salt		1/4 tsp
Honey		2 tsp
Warm water		1 1/2 cups
Pizza Sauce		1 cup + 2 Tbsp
Minced garlic		2 tsp
Fresh basil leaves, trimmed and chopped		1/4 cup
Spinach leaves, stems trimmed		1 1/2 cups
Broccoli flowerets		1 cup + 2 Tbsp
Carrots, grated		1/2 cup + 1 Tbsp

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>340</b>	
Total Fat	6 g	
Protein	15 g	
Carbohydrates	55 g	
Dietary Fiber	8 g	
Saturated Fat	3 g	
Sodium	350 mg	

	Tbsp
Diced fresh tomatoes	1 cup + 2 Tbsp
Part-skim mozzarella cheese	2 1/4 cups

## Directions

1. Mix 1 cup each of white and whole wheat flour, oats, yeast and salt. Heat water to 125 degrees F then add honey.
2. Gradually add water to dry mixture. Mix for 2 minutes. Add remaining flour, mixing well after each addition.
3. Knead dough for 10 minutes. Spray with Pam. Cover. Let rise in warm place until double. Punch down.
4. Divide into equal parts. Roll and place in 7 inch pizza pans. Cover; let rise in warm place approximately 45 minutes.
5. Mix pizza sauce with minced garlic and fresh basil.
6. Top each dough with: 2 Tbsp pizza sauce, spinach leaves, 2 Tbsp broccoli flowerets, 1 Tbsp grated carrots, 2 Tbsp green peppers, 2 Tbsp diced fresh tomatoes, 1/4 Cup Mozzarella cheese.
7. Bake in hot oven (375 degrees F convection oven; 425 degrees F home oven) approximately 10 minutes.