

# REDUCED GLUTEN WHOLE GRAIN PIZZA DOUGH



Simple to prepare, this recipe combines whole wheat pastry flour and brown rice flour to reduce the gluten and round out the flavor.

**Prep Time:** less than 15 minutes

**Rise Time:** 60-90 minutes

**Cook Time:** 20-25 minutes

**Oven Temp:** 350 degrees F

## Ingredients

1 7g. package dry, active yeast  
Drizzle of sweetener of your choice  
¾ c. warm water (105-110 degrees F)  
1 c. whole wheat pastry flour

1 c. brown rice flour  
½ tsp. salt  
1/8 c. olive or avocado oil

## Instructions

1. Gently stir yeast and sweetener in a bowl with the warm water until combined.
2. Let the mixture stand until bubbles begin to form (a.k.a proofing the yeast). This takes about five minutes.
3. Stir in olive oil, then mix in flour and salt.
4. Knead 3-5 minutes until dough is smooth and pliable.
5. Form into a ball in the bowl, cover with a damp towel and let rise in a warm spot for 60-90 minutes.
6. On a lightly oiled pan, press dough into desired size and shape, then pre-bake in a 350 degree F oven for 5 minutes to set the top of the crust.
7. Add desired toppings and cook an additional 15-20 minutes.

## Recipe Notes

The right water temperature for the water is key to a good dough...too cold and the yeast takes a long time to work, too hot and you kill it completely. If this is your first time working with yeast, you might want to try using a thermometer to get the right water temp.

Avocado oil is a better choice for foods cooked at medium-high temperatures like pizza because it can withstand high heat.

If you are saving some of the dough for future use, wrap it in a couple of plastic bags and store it in the freezer. You can do this before or after pre-baking it, but I found freezing it in raw dough form to be better.

Feel free to experiment with your own combination of flours, though texture and results may vary.