



## Homemade Pizza – Delicious!

If you have a couple of hours, making pizzas at home can be a fun activity for the whole family and can incorporate whatever you happen to have in the refrigerator.

### Ingredients:

3-4 Cups of Flour (you can use any combination of whole wheat, white or bread flour)  
1 Packet of Rapid Yeast  
1.5 t. Salt  
1.5 T. Sugar or Honey  
2 T. Olive Oil  
1 Cup Warm Water

### Let's go:

1. Put warm water in bowl and stir in yeast and sugar or honey.
2. Wait for 5 minutes or so and mixture should start to bubble-- this means the yeast is doing its job!
3. Add salt, oil and flour bit by bit. Stir -- this mix will get very sticky so keep adding flour and use those muscles.
4. When the dough has come together enough to form a ball, throw it onto a floured surface and knead for about 5 minutes. Keep adding small amounts of flour if it gets sticky. It will eventually become “baby’s ear lobe” soft.
5. Transfer the dough ball to an oiled bowl, cover with a damp towel, put in a warm place and let rise for about an hour until it has doubled in size.
6. Divide the now doubled dough into two balls. Using a rolling pin on a floured surface or by stretching the dough, or by throwing it in the air (you’ll impress the kids), shape the dough into your pizza. Adding cornmeal to the surface where you assemble your pizza will help to slide it into the oven or grill. You can also assemble on a piece of parchment paper sprinkled with cornmeal.
7. From here, add any toppings – cheeses, sauces, meats, fruits, veggies – the sky is the limit. Try adding some oil to the crust along with some salt, cheese or sesame seeds!
8. Bake pizza for about 15 minutes in an oven or grill that has been pre-heated to 450 degrees.