



No-Yeast Pizza Crust



Adapted from *FoodHero.org*

Ingredients



- 1 1/3 cups all-purpose flour, try half whole wheat
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup nonfat or 1% milk
- 2 Tablespoons oil



Directions



Yield: one 12-inch circle / 6 servings **Serving size:** 1 slice

1. Mix flour, baking powder and salt in a bowl. Stir in milk and oil until a soft dough forms.
2. Turn dough onto a clean, lightly floured surface and knead 6 to 8 times. Dough should feel soft but smooth; not sticky. Shape dough into a ball. Turn the bowl upside down over the dough. Let sit for 10 minutes.
3. On a baking sheet, roll or press dough into a 12-inch circle.
4. Bake crust at 400 degrees F for 8 minutes.
5. Remove from oven and add your choice of sauce and toppings.
6. Return to oven and bake until light golden brown, 12 to 20 minutes. Serve hot.
7. Refrigerate leftovers within 2 hours.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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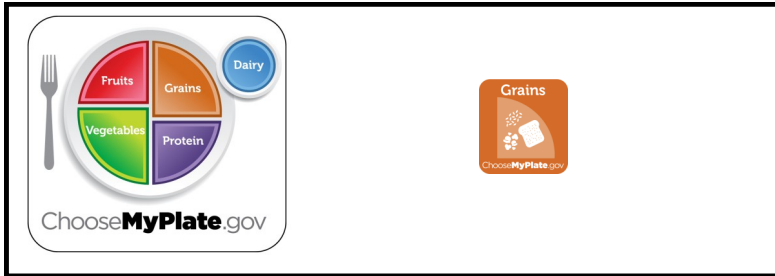
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Fast Facts



Featured Food Groups



Cooking Tips



- Roll or press the dough into a flat shape. The more even it is in thickness, the more evenly it will bake.
- Any shape will do! Try a heart or other fun shapes.
- Make small individual shapes so each person can

| Nutrition Facts | |
|-------------------------------|---------------|
| 6 servings per container | |
| Serving size | 1 slice (53g) |
| Amount per Serving | |
| Calories | 140 |
| % Daily Value* | |
| Total Fat 5g | 6% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 280mg | 12% |
| Total Carbohydrate 21g | 8% |
| Dietary Fiber 2g | 7% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 3g | |
| Vitamin D 0mcg | 0% |
| Calcium 77mg | 6% |
| Iron 1mg | 6% |
| Potassium 94mg | 2% |
| Vitamin A 12mcg | 1% |
| Vitamin C 0mg | 0% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

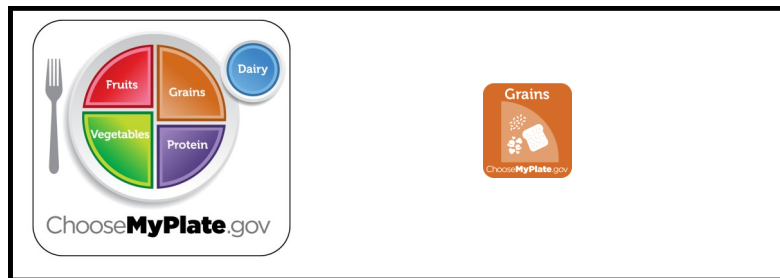
Second Harvest is an equal opportunity provider.



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