



Powerhouse Pizza

Crust

- 2 1/2 Cups Whole-Wheat Flour
- 1 Cup Wheat Bran
- 1 Tsp. Baking Powder
- 3 Tsp. Salt
- 1 1/4 Cup Water
- 1/4 Cup Olive Oil

Pizza Sauce

- 1 Can Crushed Tomatoes
- 1 Clove Of Garlic
- 1/2 Tbsp Vinegar
- 1 Tsp Sugar
- Salt And Pepper To Taste

Toppings

- Sliced Green, Red, Or Yellow Peppers
- Sliced Mushrooms
- Sliced Onions
- Pineapple
- Spinach
- Low Sodium Deli Meat
- Ham
- Chicken, Or Turkey
- Sliced Grilled Chicken Breast
- Shrimp
- Light Parmesan Cheese
- Light Mozzarella Cheese
- Lower Fat Feta Cheese

Directions

1. First begin mixing all of the dry ingredients for the crust in a large bowl.
2. Next, add the water and oil, mixing until well blended.
3. Use a rolling pin to roll the dough out on a counter top lightly dusted with flour until desired thickness and size has been reached.
4. Next, move the flat pizza crust over to a sprayed pizza pan.
5. After that's finished, smear on the pizza sauce of your choosing and add the meat and vegetable toppings.
6. Finish with a light sprinkling of your preferred cheese and place in the oven to bake at 450 degrees F for 15-20 minutes until crust looks golden and cheese is melted.