



For the Pizza Dough:

1 teaspoon sugar
1 1/2 cups warm water
1 tablespoon yeast
1 tablespoon olive oil
1 teaspoon salt
2 cups whole wheat flour
1 1/2 cups all-purpose flour

Toppings:

4 tablespoons pesto
200 grams mozzarella cheese
1/2 cup arugula
12 asparagus spears with the ends snapped off
2 green onions sliced
6 slices prosciutto
100 grams frozen green peas

In a large bowl dissolve sugar in warm water.

Add yeast and let sit for 10 minutes or until foamy.

Stir in olive oil, salt, whole-wheat flour, and all-purpose flour. Mix until a dough starts to form.

Place the dough on to a lightly floured surface and knead the dough until smooth and elastic about 10 minutes.

Place the dough into a lightly oiled bowl moving the dough around to coat the surface of the dough. Cover with a tea towel and let rise for 1 hour.

Punch the pizza dough down and roll it out to the size of your pizza pan.

Top the pizza with pesto, mozzarella cheese, arugula, asparagus spears, green onions, prosciutto, and frozen green peas.

Bake in a 425°F oven for 15-20 minutes until the crust is golden brown and the mozzarella cheese is melted.

Let the pizza cool for 10 minutes before slicing.

Serve