Pizza Crust Recipe

Ingredients:

1 cup warm water

1 tspn yeast

1tspn salt

1Tbsp butter

2 cups Crushed Wheat #1

1 cup Crushed Wheat #2

¼ cup Crushed Flax

Directions:

Combine Warm Water and yeast

Next add in salt and butter

Next, add in crushed Wheat #1 Crushed Wheat #2, and Crushed Flax

Mix together until all is stuck together in a ball

Let rise for 1 hour 30 minutes

Split dough into two pieces (makes 2 medium crusts)

Roll each piece of dough out

Bake at 350 degrees for 8-10 minutes