

## Pizza Crust

### Ingredients

1 cup warm water  
1 tsp yeast  
1 tsp salt  
1 Tbsp 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

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