



Improved Pizza Crust

- 1 cup plus 3 tablespoons water
- 3 tablespoons olive oil
- 3 cups sprouted flour (wheat or spelt works best)
- 1 ½ teaspoons sea salt
- 1 ½ teaspoons honey
- 1 packet dry active yeast
- 2 tablespoons dried herbs of choice (optional)

Place all ingredients in a food processor and mix well. Continue to blend for about 2 minutes. Let dough rise in processor bowl for about 1 hour. Remove dough from bowl and spread with fingers onto a baking sheet or pizza pan that has been lightly brushed with olive oil. Let dough rest for 15-20 minutes. Load with favorite toppings. Bake at 450 degrees for 12-15 minutes. Let pizza rest for about 5 minutes before cutting.

NOTE: I like to preheat my oven for 1 hour with a pizza stone on the bottom shelf. Preheating for this length of time helps heat to evenly distribute throughout your oven for even baking of your crust.