

Pizza Dough — Full size

1 1/2 cups warm water (skin temperature)

1 tsp sugar

2 1/4 tsp active dry yeast

Pour yeast on top of warm water to hydrate & become frothy

2 Tbsp olive oil

1 tsp salt

Mix in the oil & salt when the above mixture is frothy (about 5 min.)

3 1/2 cups all purpose flour;

Gradually add flour; mix; and then knead until smooth & elastic (10 min)

Place in warm place (75 °- 78 °) until double in size (about 1 hour)

Roll out. Add desired toppings. Bake at 475 °F for 12-15 min.

Pizza Dough — personal size

3/4 cup warm water (skin temperature)

1/2 tsp sugar

1 tsp active dry yeast

Pour yeast on top of warm water to hydrate & become frothy

1 Tbsp olive oil

1/2 tsp salt

Mix in the oil & salt when the above mixture is frothy (about 5 min.)

1 3/4 cups all purpose flour;

Gradually add flour; mix; and then knead until smooth & elastic (10 min)

Place in warm place (75 °- 78 °) until double in size (about 1 hour)

Roll out. Add desired toppings. Bake at 475 °F for 12-15 min.

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Place in warm place (75 °- 78 °) until double in size (about 1 hour)

Roll out. Add desired toppings. Bake at 475 °F for 12-15 min.

Pizza Dough — Full size (no yeast)

2 ½ cups flour

3 tsp baking powder

1 tsp salt

(Optional: ½ tsp cilantro & garlic)

1 T olive oil

Mix then add

¾ cup + 2 T water

Pizza Dough — Personal size

3/4 cup white flour

Preheat oven 400°

1/2 cup whole wheat flour

1/4 tsp salt

1 tsp baking powder

1 T olive oil

Mix then add

1/4 cup water

Knead dough (fold & press dough, turn bowl; and repeat 10x)

Roll out dough into circle and add items desired on pizza

Bake at 400 °F for about 15 min.

Pizza Dough — Personal size

3/4 cup white flour

Preheat oven 400°

1/2 cup whole wheat flour

1/4 tsp salt

1 tsp baking powder

1 T olive oil

Mix then add

1/4 cup water

Knead dough (fold & press dough, turn bowl; and repeat 10x)

Roll out dough into circle and add items desired on pizza

Bake at 400 °F for about 15 min.

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Preheat oven 400°

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1 tsp baking powder

1 T olive oil

Mix then add

1/4 cup water

Knead dough (fold & press dough, turn bowl; and repeat 10x)

Roll out dough into circle and add items desired on pizza

Bake at 400 °F for about 15 min.

Pie Crust

Make crust and peel and slice apples.

2 ½ cups flour

1 tsp salt

Cut in 2 sticks (1 cup) chilled butter or margarine + coconut oil

Then add 7 Tablespoons ice water

Press crust dough together into 2 balls then roll 1 for top and 1 bottom

5 apples peeled and sliced

1 tsp cinnamon

½ cup sugar or thickened apple juice

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5 apples peeled and sliced

1 tsp cinnamon

½ cup sugar or thickened apple juice

Apple Pie

5-7 apples, peeled, cored, and sliced thinly and set aside

Prepare sweetener: (or add 3/4 cup sugar and spices below)

1/2 cup concentrated apple juice

1 T cornstarch in mixed in about 1/2 cup cold water

1 tsp. lemon juice

1 T maple syrup

1/2 tsp salt, , and 1/2 tsp nutmeg,

1 tsp Cinnamon

Mix sweetener sauce and lightly boil until thick. Then mix with apples.

Pour apple mixture into crust and then top with another crust.

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