Hissaina Bac



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tensils

Plastic bag-1 gallon, sealable Graduated dry measuring cups- 1, 1/4 cup Liquid measuring cup Measuring spoons- 1/8 teaspoon, 1 teaspoon, 1 tablespoon Straight-edged knife or bowl scraper Pastry mat, large bread board, or clean work surface Baking sheet with parchment paper Rolling pin Pizza cutter Pizza sauce A variety of toppings Shredded heese

tion Facts

Serving Size (74g) Servings Per Container

Amount Per Serving		
Calories 180	Calories	from Fat 35
		% Daily Value*
Total Fat 4g		6%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 75mg		3%
Total Carbohyd	rate 31g	10%
Dietary Fiber 2	2g	8%
Sugars 1g		

Protein 5g

Vitamin A 0%	 Vitamin C 4% 		
Calcium 0%	 Iron 10% 		
*Percent Daily Values are based on a 2,000 calor diet. Your daily values may be higher or lower depending on your calorie needs:			

	Calories:	2,000	2,500		
Total Fat	Less than	65g	80g		
Saturated Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydra	ate	300g	375g		
Dietary Fiber		25g	30g		

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

These facts are for 1 (6-inch) pizza crust. Your choice of toppings will add color, flavor & additional nutrients.

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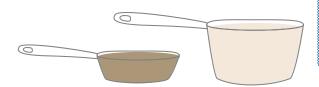
National Festival of Breads **EatWheat**

Pizza in a Bag

Remember to wash your hands and remove jewelry.

Heat oven to 425°F.

Measure flour ———



Spoon all-purpose (1 cup) and whole wheat (1/4 cup) flours lightly into dry ingredient measuring cup. Level off with bowl scraper. Don't shake or tap cup.

In plastic bag combine



1 cup all-purpose flour 1/4 cup whole wheat flour 1 teaspoon fast-rising yeast 1 teaspoon sugar 1/8 teaspoon salt

Close bag and shake it!

Measure in liquid measuring -

cup

1/2 cup warm water, at eye level; 120-130°. Add water to bag.

Measure

1 tablespoon oil, add to bag.

**Tip- Tablespoon is bigger!

Close bag. Work bag with fingers 1 to 2 minutes until mixture forms dough.

Pizza in a Bag

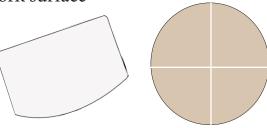
Then add _____

1 to 2 tablespoons all-purpose flour to form dough that pulls away from side of bag.

Knead dough ———

Work dough in bag with your hands in a folding-back and pressing forward motion for 1 to 2 minutes.

Remove dough to pastry mat or clean work surface



Using bowl scraper, divide dough into four equal pieces.

Pat or roll dough -

Roll into 6-inch circles about 1/4 inch thick.

**Tip: If dough springs back, cover with plastic wrap and let dough rest 5 minutes.

Place dough on parchment lined — baking sheet

Top with 1-2 tablespoons pizza sauce, toppings and cheese.

Write your name by your pizza.

Bake 10-15 minutes, or until lightly browned.

Slice with pizza cutter and serve hot with lettuce salad, fruit and milk.