



Ancient Grain Pizza Dough

Ingredients:

1 ½ cup **Fieldstone Spelt or Emmer**, ground

2 tbsp **Fieldstone Flax**, ground

2 ¼ tsp quick rising yeast

2/3 cup warm water

2 tsp liquid honey

2 tsp olive oil

½ tsp salt

Procedure:

Combine flour, flax, yeast and salt. Mix well. Add olive oil and honey to warm water. Pour over flour mixture and mix to form a ball. Knead on lightly floured surface for 2 minutes. Place in lightly oiled bowl and cover to rise for 20 minutes. After rising roll dough into a 12 inch circle. Cover with toppings and bake in a 425 oven about 15 minutes.

