

## Individual Whole Wheat Pizzas

### Serves 4

1 teaspoon molasses  
1 1/2 cups warm water (about 110 degrees Fahrenheit)  
1 tablespoon active dry yeast  
2 teaspoons extra virgin olive oil  
1 teaspoon salt  
3 1/2 cups whole wheat flour plus extra for rolling/kneading

2 cups Veggie Marinara Sauce  
1/2 cup chopped fresh basil  
1 8-ounce package Weight Watchers Reduced Fat Mozzarella  
1/3 cup grated Parmigiano-Reggiano

1. In a large bowl, dissolve molasses in warm water. Sprinkle yeast over the top, and let stand for about 10 minutes, until foamy.
2. Stir the olive oil and salt into the yeast mixture, then mix in the whole wheat flour until dough starts to come together. Tip dough out onto a surface floured with the additional whole wheat flour, if necessary, and knead until all of the flour has been absorbed, and the ball of dough becomes smooth, about 5 minutes. Place dough in an oiled bowl, and turn to coat the surface. Cover loosely with a towel, and let stand in a warm place until doubled in size, about 1 hour.
3. When the dough is doubled, tip the dough out onto a lightly floured surface, and divide into 4 pieces. Form each into a tight ball. Let rise for about 45 minutes, until doubled.
4. Preheat the oven to 550 degrees F (220 degrees C) with pizza stone in oven. Roll a ball of dough with a rolling pin until it will not stretch any further. Then, drape it over both of your fists, and gently pull the edges outward, while rotating the crust. When the circle has reached the desired size, place on a pizza peel with cornmeal. Dock dough with a fork. Slide dough onto pizza stone in the oven and bake for 2-3 minutes. Remove from oven and spread about 1/2 cup sauce on baked dough leaving a 1/2-1 inch border. Sprinkle sauce with basil. Mix cheeses together and sprinkle 1/4 of the mixture over the sauce. Slide pizza back onto the pizza stone in the oven and bake 4-5 more minutes, or until cheese is golden brown and bubbling and crust is brown and crispy. Repeat with remaining dough to 3 times to make 4 pizzas total. Allow to cool for about 2 minutes, cut into wedges with a pizza wheel and serve.