

Healthified Easy No-Yeast Thin Pizza Crust

Ingredients

Servings 1 Yields 1 12" pizza crust Units US

- 1 1/3 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon kosher salt
- 1/2 cup skim milk
- 2 tablespoons olive oil

Directions

1. Heat oven to 400°F
2. In medium bowl, mix flour, baking powder and salt. Stir in milk and oil until soft dough forms. If dough is dry, stir in 1 to 2 tablespoons additional liquid.
3. On lightly floured surface, knead dough 10 times. Shape dough into ball. Cover with bowl; let stand 10 minutes.
4. Place dough on ungreased cookie sheet; flatten slightly. Roll out to 12-inch round pizza pan. Poke holes in the dough with a fork.
5. Bake 8 minutes at 400°F, then put on the toppings and bake for another 20-25 minutes until they are cooked.