

Let's get creative...

## Make your own pizza dough!



TIME TO  
PREPARE

15  
minutes



PROOFING  
TIME

30-60  
minutes



SERVING

2 Pizza Bases



PREPARED BY

<https://www.swsas.org.au/>

### Ingredients

- 2 *tsps. (7 g sachet) dried yeast*
- 1 *cup (250 ml) luke-warm water*
- 400 *g (2 <sup>2/3</sup> cups) bread or plain flour, plus extra for rolling*
- 2 *tsps. salt*
- 3 *tbsps. (1/4 cup) olive oil*
- *No need for sugar*

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### Method

01. Whisk yeast and water in a heatproof jug. Stand for 5 minutes or until frothy.
02. Place flour and salt in a large bowl. Make a well in the centre. Pour in the yeast mixture and oil. Using your hands, mix the dough until it comes together and is smooth. Turn out onto a lightly floured work surface and knead briefly. For kneading instructions check out this video - [How to knead dough](#)
03. Place dough in a lightly oiled bowl and cover with cling wrap. Set aside in a warm place to rise for 30 minutes to an hour until it doubles in size.
04. Turn dough out onto a lightly floured surface and knead gently for another 5 minutes or until smooth. Divide dough and roll out pizza bases to desired size. Sprinkle a little flour on the bench before rolling to prevent dough from sticking. Your dough is now ready for your favourite healthy pizza toppings!
05. Tip: To help make your dough rise faster, fill your kitchen sink a third full of warm water and sit the dough in the bowl in the water to prove.

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