

# Low-Sodium Pizza Crust

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Serves 6

## Ingredients:

½ cup whole wheat flour  
½ cup white flour  
1 Tablespoon dry active yeast  
¼ teaspoon sugar  
¼ teaspoon salt  
½ cup warm water  
2 Tablespoons olive oil  
2 Tablespoons cornmeal



## Directions:

1. Mix whole wheat flour, yeast, sugar, and salt. Add water and oil.
2. Slowly add the white flour until dough forms into a soft ball.
3. Knead until smooth. Place dough in a lightly oiled bowl and cover with damp cloth. Let dough rise until doubled in size (~45 minutes).
4. Sprinkle a sheet pan with cornmeal.
5. Press dough into desired shape on the sheet pan.
6. Top with desired toppings (see below for ideas).
7. Bake at 500 degrees F for about 10 minutes, or until browned to your preference.

*Top pizza with low-sodium tomato sauce, fresh veggies, chicken breast, and low sodium cheese. Avoid processed meats like pepperoni or sausage due to their high sodium content.*

*Low-sodium sauce and cheese can be found in any grocery store!*

## Nutrition Information per serving (1/6 recipe):

Calories: 119, Total Fat: 5g, Saturated Fat: 0.7g, Unsaturated Fat: 4.3g, Cholesterol: 0mg, Sodium: 100mg, Carbohydrate 16g, Fiber: 2g, Sugar: 0.2g, Added sugar: 0.2g, Protein: 3g

**SOURCE:** <https://www.thekidneydietitian.org/whole-wheat-pizza-crust/>

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