

# Seasonal Veggie Pizza

## Ingredients

**1 ½ cup All-Purpose flour**  
**1 ½ cup whole wheat flour**  
**2 teaspoons dry instant yeast**  
**1 teaspoon salt**

**1 ½ cups water**  
**1 Tablespoon olive oil**  
**1 teaspoon honey**  
**Desired toppings**



### Directions:

1. Preheat oven to 425 degrees.
2. Combine the flour, yeast, salt and water (only 1 cup), oil and honey in a large mixing bowl. Mix until incorporated.
3. Gradually add remaining water. Continue to mix until dough pulls away from the sides of the bowl and hang from spoon (above 5 minutes).
4. Place the dough on a lightly floured surface, knead until smooth and elastic (about 3 minutes).
5. Place in a large greased bowl, turn until dough is completely coated. Cover with a clean damp towel and allow to rise until it has doubled in size (about an hour).
6. Divide dough into equal parts. Work each by pulling down the sides and tucking them under the bottom of the ball.
7. Roll each ball until smooth and firm, cover with damp towel and let rest until dough has relaxed and started to rise again (15-20 minutes).
8. Roll out the dough with a rolling pin until it is ½ - ¾ of an inch thick.
9. Add on desired toppings.
10. Bake for 15-20 minutes or until dough is browned and crispy or cheese is bubbling.

# Spelt Krispie Treats

## Ingredients:

- 1/2 cup honey**
- 1/2 cup peanut butter**
- 1 teaspoon vanilla extract**
- 1/2 teaspoon cinnamon**
- 1/2 cup chocolate chips**
- 5-6 cups puffed spelt**

## Directions:

- 1. In a small sauce pan, stir together honey, peanut butter, vanilla, cinnamon and chocolate chips.**
- 2. Stir on low heat until chocolate is melted.**



- 3. In a large mixing bowl, pour in the puffed spelt.**
- 4. Pour over the honey mixture and stir until spelt is fully coated.**



- 5. Press the mixture into a 9x13 pan and place in the fridge to harden.**
- 6. Cut krispies into squares and enjoy!**