

MARSHA MAGOL'S WHEAT STARCH PIZZA DOUGH

1 1/4 Cup of Water

1/2 cup of liquid Coffee-mate or Coffee Rich

2 TBS. Vegetable Oil

1 1/2 tsp. Yeast

3 cups plus 2 TBS. Wheat Starch (or 350 grams)

1/3 cup Metamucil (or 53 grams)

3 tsp. Baking Powder

1/2 tsp. salt

2 TBS. Sugar

Mix water, Coffee-mate, and oil and heat to 110 degrees (microwave for 1 min. on High)

Add to dry (mixed) ingredients and let dough sit for 10 minutes in warm oven.

Remove from oven and knead, then press to pizza pan 16" to 18" diameter.

Bake for 7 minutes at 400 degrees, remove and add toppings, then return to oven for 7 minutes.

350 grams Wheat Starch=35 mg PHE

1 1/2 tsp. Yeast=72 mg PHE

1/2 cup Coffee Rich=28 mg PHE

135 mg PHE divided by 8 slices=16.9 mg/slice

(makes four 8-inch personal pizza crusts at 34 mg PHE each).

I have found that it is even easier if all the liquids are put in a big measuring cup. Then put all of the dry ingredients in a very BIG bowl that can be put in a warm oven. I then add the liquids to the dry ingredients and mix everything in the big bowl. The big bowl is placed into the warm oven.

Very fast and easy to clean up. This recipe is also great for breadsticks, bagels, and soft pretzels.

For rolls, after the dough rise, form a snake with the dough, cut into the size needed, then put the dough on a cookie sheet and let it rise again. Then bake. Can put margarine and sprinkle garlic powder on the rolls if desired.