

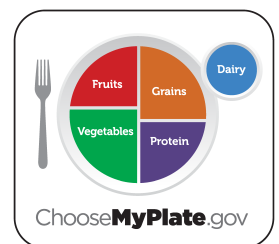


United States Department of Agriculture

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# MyPlate KITCHEN

**Muffins, Sweet Breads and  
More**



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# Cranberry Pumpkin Muffins



**Makes:** 12 servings

Enjoy these delicious muffins for breakfast anytime of the year using canned pumpkin and frozen cranberries.

## Ingredients

- 2 cups flour
- 3/4 cup sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 3/4 teaspoon allspice
- 1/3 cup vegetable oil
- 2 egg (large)
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)

## Directions

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes.

Source:

University of Massachusetts, Extension Nutrition Education Program, Pumpkin Post/Banana Beat

## Nutrition Information

**Serving Size:** 1 muffin, 1/12 of recipe (82g)

### Nutrients Amount

**Total Calories 204**

**Total Fat 7 g**

Saturated Fat 1 g

Cholesterol 31 mg

**Sodium 255 mg**

**Carbohydrates 32 g**

Dietary Fiber 2 g

Total Sugars 14 g

Added Sugars included 12 g

**Protein 3 g**

Vitamin D 0 mcg

Calcium 83 mg

Iron 2 mg

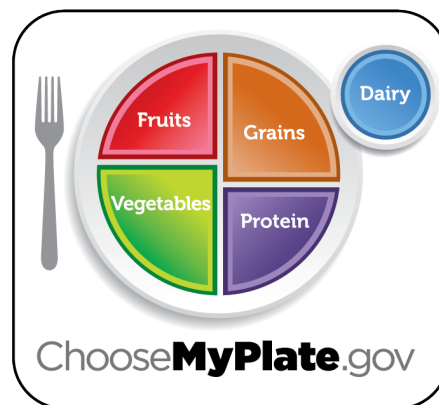
Potassium 82 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains 1 1/4 ounces

 Protein Foods 1/6 ounces



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# Pumpkin Bread



**Makes:** 32 servings

Sweet and spicy, this pumpkin bread makes a wonderful holiday treat.

## Ingredients

- 1 can pumpkin (15 ounce)
- 1 cup sugar
- 1/4 cup vegetable oil
- 1 cup yogurt, low-fat plain
- 1 1/2 cups flour (all purpose)
- 1 1/2 cups whole wheat flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 cup raisins

## Directions

Preheat oven to 350 degrees.

1. In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt.
2. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened.
3. Stir in raisins.
4. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour.
5. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

Source: Iowa State University Extension, Food for Fitness and Fun, November 2000

## Nutrition Information

**Serving Size:** 1 slice, 1/32 of recipe (46g)

### Nutrients Amount

**Total Calories** **103**

**Total Fat** **2 g**

Saturated Fat 0 g

Cholesterol 0 mg

**Sodium** **172 mg**

**Carbohydrates** **20 g**

Dietary Fiber 1 g

Total Sugars 10 g

Added Sugars included 6 g

**Protein** **2 g**

Vitamin D 0 mcg

Calcium 41 mg

Iron 1 mg

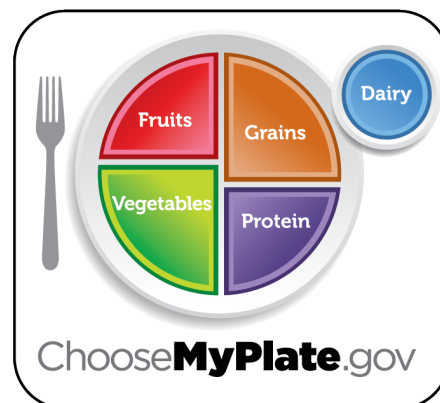
Potassium 107 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains

3/4 ounces



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# Oat Snack Cakes



**Makes:** 60 servings

These oat snack cakes are full of whole grains and flavor, making them perfect for sharing with friends and family.

## Ingredients

- 6 cups oatmeal (raw)
- 2 cups whole wheat flour
- 1 cup flour (all purpose)
- 1 cup sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 3/4 cup margarine (softened)
- 1/2 cup vegetable oil
- 2 teaspoons vanilla flavoring
- 2 egg whites (beaten)
- 1 tablespoon water
- 1 cup raisins

## Directions

1. Preheat oven to 375 degrees. Mix together oatmeal, flour, sugar, baking soda, salt and cinnamon in a large bowl.
2. Cut in margarine until mixture resembles coarse meal.
3. Combine oil, vanilla, egg whites, and water. Stir into dry ingredients and raisins, mixing only until it holds together.
4. Wash hands thoroughly, then dip in cornmeal or flour. Pinch off pieces of dough and form into balls about 1 inch in diameter.
5. Place balls on baking pan (sprayed with non-stick cooking spray) and press out slightly to about 1/4 inch in thickness.
6. Bake 15-20 minutes or until lightly browned. Cool, then store in an airtight container.

Source: Virginia Cooperative Extension, Healthy Futures



## Nutrition Information

**Serving Size:** 1 cake, 1/60 of recipe (34g)

### Nutrients Amount

**Total Calories** **109**

**Total Fat** **5 g**

Saturated Fat 1 g

Cholesterol 0 mg

**Sodium** **63 mg**

**Carbohydrates** **15 g**

Dietary Fiber 1 g

Total Sugars 5 g

Added Sugars included 3 g

**Protein** **2 g**

Vitamin D 0 mcg

Calcium 7 mg

Iron 1 mg

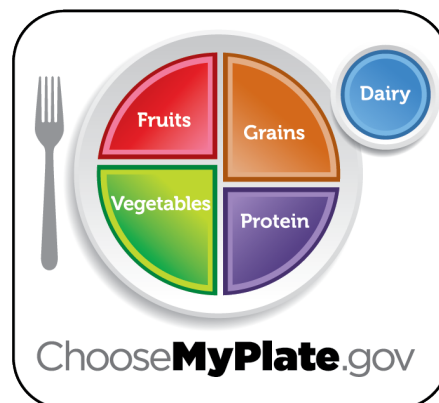
Potassium 68 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains

3/4 ounces



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# Lo's Blueberry Coffee Cake



**Makes:** 8 servings

A delicious addition to your breakfast table, or enjoy a slice as an afternoon snack. Fresh berries work well, but if they aren't available or in season, try this recipe with (thawed) frozen berries. Either way, it's sure to please!

## Ingredients

- 1 egg
- 1/2 cup non-fat milk
- 1/2 cup yogurt, non-fat vanilla
- 3 tablespoons canola oil
- 1/4 teaspoon cinnamon
- 2 teaspoons lemon peel (grated, yellow only)
- 2 cups flour
- 1/2 cup sugar
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1 1/2 cups fresh (or frozen unsweetened) blueberries
- Topping Ingredients:
- 3 tablespoons sugar
- 1/8 cup walnuts (coarsely chopped)

## Directions

1. Preheat oven to 400 degrees. Position rack in the center of the oven.
2. In a large bowl whisk together the egg, milk, yogurt, oil and lemon peel.
3. Sift the flour, sugar, baking powder and salt onto the liquid ingredients. Using a fork, stir very lightly, just until ingredients are combined.
4. Gently fold in the blueberries. Pour the batter into an 8- or 9-inch baking pan coated with nonstick spray.
5. In a small bowl combine the topping ingredients. Sprinkle evenly over the cake batter.
6. Bake a 400 degrees for 30 to 35 minutes or until the top is lightly browned and a wooden toothpick inserted in the center comes out clean.

7. Allow the cake to cool in the baking pan on a wire rack for at least 10 minutes.
8. Serve warm or at room temperature.

Source: California Department of Health Services, [California's Chefs Cook Lean](#)  
[California Project LEAN](#)

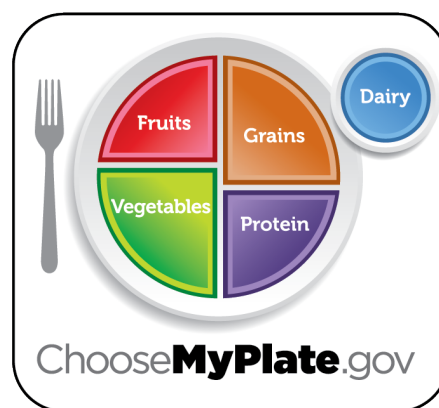
## Nutrition Information

Nutrients	Amount
<b>Total Calories</b>	<b>278</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	1 g
Cholesterol	24 mg
<b>Sodium</b>	<b>415 mg</b>
<b>Carbohydrates</b>	<b>49 g</b>
Dietary Fiber	2 g
Total Sugars	23 g
Added Sugars included	18 g
<b>Protein</b>	<b>6 g</b>
Vitamin D	0 mcg
Calcium	190 mg
Iron	2 mg
Potassium	124 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Fruits	1/4 cups
 Grains	1 3/4 ounces
 Protein Foods	1/4 ounces



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# Corn Bread



**Makes:** 12 servings

Make this corn bread recipe the classic way or jazz it up by adding chili powder, whole corn, or even blueberries to give a yummy twist to a basic recipe.

## Ingredients

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1 egg
- 1/4 cup vegetable oil
- 1 cup milk, non-fat

## Directions

1. Heat oven to 425 degrees. Grease 8- or 9-inch square pan.
2. Measure cornmeal, flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg into a small bowl and beat with a fork to combine white and yolk.
4. Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
5. Pour batter into prepared pan.
6. Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

Create-a-Flavor Changes:

**Buttermilk Corn Bread.** Use only 2 teaspoons baking powder and add 1/4 teaspoon baking soda. Substitute 1 cup buttermilk for skim milk.

**Whole Wheat Corn Bread.** Use 1/2 cup all purpose flour and 1/2 cup whole wheat flour.

**Corny Corn Bread.** Add 1 cup kernels (fresh, frozen, or canned, well drained) with the milk.

**Cheddar Corn Bread.** Add 1/2 cup shredded cheddar cheese with the milk.



Chili Cheese Corn Bread. Add 1/2 teaspoon chili powder to the flour mixture. Drain one 4-ounce can chopped green chilies. Add chilies and 1/4 cup shredded Monterey jack cheese with the milk.

Blueberry Corn Bread. Fold 1 cup blueberries (fresh, frozen, or canned, well drained) into the batter.

Corn Bread Muffins. Pour batter into prepared muffin cups. Bake 20 minutes at 400 degrees.

Source: Cornell Cooperative Extension, Division of Nutritional Sciences, Cooking Up Fun - Muffins & More

## Nutrition Information

**Serving Size:** 2" square of cornbread, 1/12 of recipe (56g)

### Nutrients Amount

**Total Calories** **137**

**Total Fat** **5 g**

Saturated Fat 1 g

Cholesterol 16 mg

**Sodium** **140 mg**

**Carbohydrates** **19 g**

Dietary Fiber 1 g

Total Sugars 3 g

Added Sugars included 2 g

**Protein** **3 g**

Vitamin D 0 mcg

Calcium 97 mg

Iron 1 mg

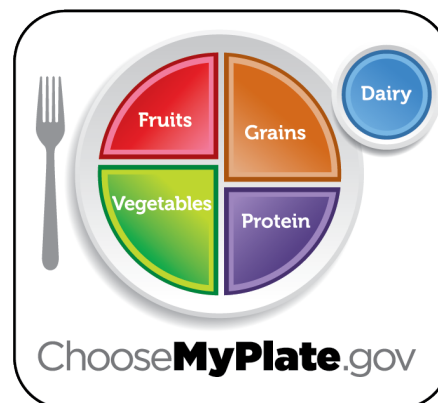
Potassium 78 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains

1 1/4 ounces



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# Peanut Butter Muffins



**Makes:** 12 servings

Enjoy these nutty muffins with a touch of jelly or jam for a satisfying dessert.

## Ingredients

- 3/4 cup peanut butter (chunky)
- tablespoon honey
- 2 egg
- 1 cup milk, skim
- 1 1/2 cups flour
- 1/2 cup cornmeal
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt

## Directions

1. Preheat the oven to 375 degrees.
  2. Line 12 muffin cups with paper baking cups (or grease the bottom of each cup with butter or margarine).
  3. Put the peanut butter and honey in a mixing bowl. Beat until well blended.
  4. Add the eggs 1 at a time, beating well after each egg.
  5. Add the milk, and mix well.
  6. Add the flour, cornmeal, sugar, baking powder, and salt. Stir just until they are moistened. Don't stir them too much.
  7. Fill each muffin cup 2/3 full.
  8. Bake for 20 to 25 minutes until golden brown.
  9. Put on a wire rack.
  10. Cool for at least 10 minutes before serving.
- Muffins, Sweet Breads and More



Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network  
Website Recipes

## Nutrition Information

**Serving Size:** 1 muffin, 1/12 of recipe (75g)

### Nutrients Amount

**Total Calories 213**

**Total Fat 9 g**

Saturated Fat 2 g

Cholesterol 31 mg

**Sodium 260 mg**

**Carbohydrates 26 g**

Dietary Fiber 2 g

Total Sugars 9 g

Added Sugars included 7 g

**Protein 8 g**

Vitamin D 0 mcg

Calcium 85 mg

Iron 4 mg

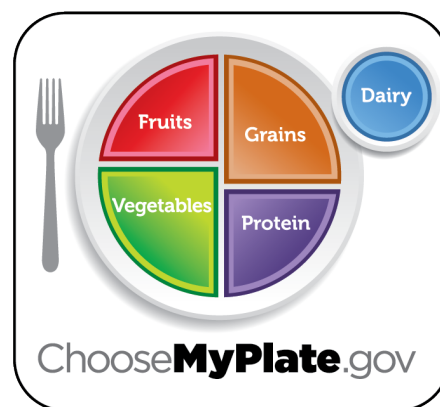
Potassium 197 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains 1 1/4 ounces

 Protein Foods 1 1/6 ounces



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# Soft Pretzels



**Makes:** 12 servings

A great snack to make with kids. Perfect to dip in mustard for a savory pretzel, or a low-fat vanilla yogurt for a sweet treat.

## Ingredients

- 1 tablespoon yeast
- cup warm water (100-110 degrees F)
- 2 cups all-purpose flour
- 1 1/2 cups whole wheat flour
- 1 egg
- 1 tablespoon sugar
- 2 sesame seeds (2 Tablespoons, optional)

## Directions

1. Preheat oven to 425°F. Lightly grease 2 baking sheets.
2. In large bowl, sprinkle yeast over warm water (if water is too hot, it will kill the yeast). Stir until well blended.
3. Combine white and wheat flour in a separate bowl.
4. Stir in sugar, ½ teaspoon salt and 2½ to 3 cups flour to make a soft, sticky dough. Turn dough onto well-floured surface.
5. To knead, fold dough in half and push dough flat with heels of hands. Turn dough 1/4 turn. Repeat for 5 to 7 minutes. If needed, add more flour until dough is smooth and elastic. Dough should not stick to hands or counter.
6. Cut dough into 12 even pieces (about golf-ball size).

To Form Pretzels:

1. Roll one piece of dough into 15 inch long rope.
  2. Cross left side over middle, creating loop.
  3. Fold right side of rope up and over first loop to form pretzel shape.
- Muffins, Sweet Breads and More



To Bake:

1. Place pretzels 3 inch apart on baking sheet. Enlarge holes in pretzels by inserting finger into holes. This will prevent them from closing during baking.
2. In small bowl, mix egg and 1 Tablespoon water together. Brush on pretzels. Sprinkle with sesame seeds.
3. Bake for 15 to 20 minutes or until golden brown. Best if eaten warm.

Source: Montana State University Extension, Nutrition Education Programs, [Buy Better. Eat Better. recipes](#)

## Nutrition Information

**Serving Size:** 1 pretzel (68g)

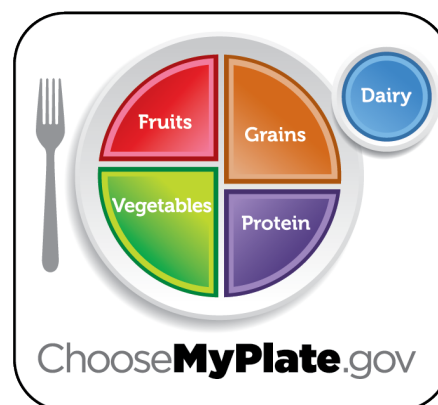
Nutrients	Amount
<b>Total Calories</b>	<b>140</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	0 g
Cholesterol	16 mg
<b>Sodium</b>	<b>8 mg</b>
<b>Carbohydrates</b>	<b>28 g</b>
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	1 g
<b>Protein</b>	<b>5 g</b>
Vitamin D	0 mcg
Calcium	12 mg
Iron	2 mg
Potassium	92 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains

2 1/4 ounces



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# Bread in a Bag



**Makes:** 12 servings

This yeast bread recipe is a great way to engage learners both young and old.

## Ingredients

- 1 cup flour (all-purpose, plus extra for kneading)
- 1 cup flour (whole wheat)
- 3 tablespoons milk (powdered)
- 3 tablespoons sugar
- 1 teaspoon salt
- 1 tablespoon yeast (rapid rise)
- 3 tablespoons vegetable oil
- 1 cup water (warm, 120 to 130 degrees F)

## Directions

1. Combine flour, whole wheat flour, yeast, sugar, salt and powdered milk in a one gallon resealable freezer bag. Squeeze upper part of bag to force out air and seal bag. Shake and work bag with fingers to blend ingredients.
2. Add oil and warm water to dry ingredients. Reseal bag. Mix by working bag with fingers until dough is completely mixed and pulls away from bag.
3. On a floured surface, knead dough 5 minutes or until smooth and elastic, adding flour as needed. Put dough back into bag and let it rest 10 minutes.
4. Shape dough on greased baking sheet or put into a 4 inch x 8 inch greased loaf pan. Cover with a clean cloth or plastic wrap and let rise until doubled in bulk.
5. Preheat oven to 350°F and bake for about 30 minutes or until golden brown. (May take between 25 and 45 minutes to bake).
6. Remove from pan and cool on a wire rack or clean dish towel.

Source:

Montana State University Extension, Nutrition Education Programs, [Montana State University Recipes](#)

Muffins, Sweet Breads and More

## Nutrition Information

**Serving Size:** 1/12 of loaf

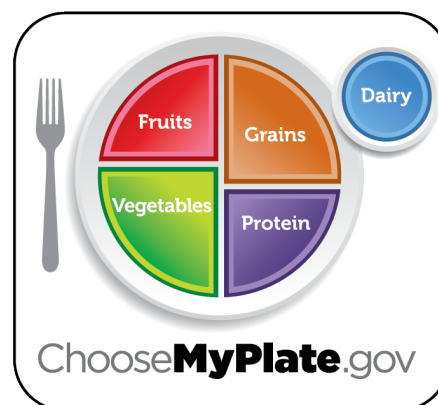
Nutrients	Amount
<b>Total Calories</b>	<b>199</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>198 mg</b>
<b>Carbohydrates</b>	<b>36 g</b>
Dietary Fiber	1 g
Total Sugars	3 g
Added Sugars included	3 g
<b>Protein</b>	<b>5 g</b>
Vitamin D	0 mcg
Calcium	12
Iron	2
Potassium	60

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains

2 1/2 ounces



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# Flour Tortillas



**Makes:** 10 servings

Skip the store-bought tortillas and make your own with this simple recipe. Swap out some of the all-purpose flour with whole wheat flour, a whole grain.

## Ingredients

- 2 cups flour (all-purpose, or 1 1/2 cup all purpose flour and 1/2 cup whole wheat flour)
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons vegetable oil (or shortening)
- 1/2 cup water (warm, 105-110 degrees F)

## Directions

1. In a large bowl, combine flour, baking powder, and salt.
2. Add oil and mix until crumbly.
3. Start with 1/2 cup of water and add 1 Tablespoon at a time until mixture forms a loose crumbly ball.
4. Turn onto a lightly floured surface; knead 6 to 8 times or until smooth.
5. Divide into 10 balls. Roll each piece into an 8 inch circle.
6. Heat a 12 inch dry skillet over medium-high heat. Place one tortilla at a time into skillet and cook until light brown spots appear on bottom. Turn over and cook on other side until lightly browned.

Source: Montana State University Extension, Nutrition Education Programs, [Montana State University Recipes](#)



## Nutrition Information

**Serving Size:** 1 tortilla

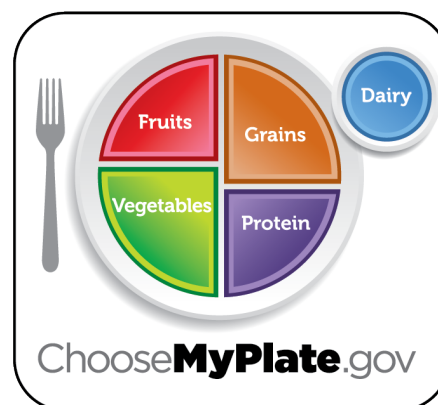
Nutrients	Amount
<b>Total Calories</b>	<b>115</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>166 mg</b>
<b>Carbohydrates</b>	<b>19 g</b>
Dietary Fiber	1 g
Total Sugars	0 g
Added Sugars included	0 g
<b>Protein</b>	<b>3 g</b>
Vitamin D	0 mcg
Calcium	31 mg
Iron	1 mg
Potassium	27 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains

1 1/2 ounces



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# Yummy Bagels



**Makes:** 16 Bagels

Did you know that you can make your own fresh, delicious, whole-grain rich bagels at home? This recipe makes enough to share with family and friends, or to freeze extras to last you for weeks.

## Ingredients

- 2 tablespoons sugar
- 1 tablespoon yeast
- 1 1/2 cups warm water
- 2 cups flour, whole wheat
- 1 1/4 cups flour, white
- 1 teaspoon canola oil
- cinnamon (optional)

## Directions

1. Mix sugar, yeast, water, and flours together.
2. Rub inside of bowl with oil. Place dough in bowl and flip to coat with oil. Let rise 30 minutes.
3. Punch down dough and divide into 16 portions. Shape into a ball and poke a hole through the middle with your fingers.
4. Place on a well-greased baking sheet and cover with a towel to rise again for 15-20 minutes. Put 2 inches of water in a pot and heat to boiling.
5. Using a slotted spoon, gently place each bagel into a rapidly boiling water for 1 minute on each side. Remove and dry on a towel. Place back on baking sheet. If desired, sprinkle bagels with cinnamon/sugar or salt.
6. Bake at 475°F for 8-12 minutes.

Source: University of Wyoming, Cent\$ible Nutrition Program, Cooking For Your or Two.

## Nutrition Information

### Nutrients Amount

**Total Calories 98**

**Total Fat 1 g**

Saturated Fat 0 g

Cholesterol 0 mg

**Sodium 2 mg**

**Carbohydrates 20 g**

Dietary Fiber 2 g

Total Sugars 2 g

Added Sugars included 2 g

**Protein 3 g**

Vitamin D 0 mcg

Calcium 7 mg

Iron 1 mg

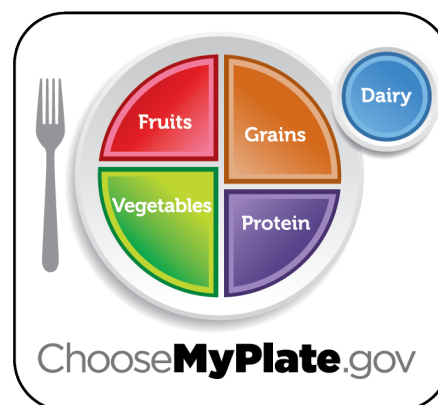
Potassium 72 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains

1 1/2 ounces



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# Cranberry Nut Bread



**Makes:** 15 Servings

Enjoy this bread for breakfast, lunch, or dinner. Use fresh cranberries when in season for a burst of flavor.

## Ingredients

- 2 cups flour\*
- 2/3 cup sugar
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 2 teaspoons grated orange peel
- 3/4 cup orange juice
- 4 tablespoons butter, melted (or margarine) (1/4 cup)
- 1 egg (or 2 egg whites) (medium)
- 1 cup chopped cranberries
- 1/3 cup chopped walnuts
- 1/3 powdered sugar (1/3 cup, optional, for glaze)
- 1 water (1 teaspoon, optional, for glaze)

## Directions

1. Preheat oven to 350°F. Mix flour, sugar, baking powder and baking soda in a large bowl.
2. Grate orange peeling, then squeeze juice from orange. Add additional orange juice to make 3/4 cup.
3. In a separate bowl, blend orange juice, butter, egg, and grated orange peel; add to flour mixture, stirring until just blended. Mix in cranberries and walnuts.
5. Pour batter into a 9- by 5-inch loaf pan, greased on bottom only.
6. Bake for 50-60 minutes or until a toothpick inserted in the center comes out clean. Cool in pan for 10 minutes; remove and cool completely on wire rack.
7. Optional: to make glaze, mix powdered sugar and water; add water as needed to make thin glaze. Drizzle over cooled loaf.

Source: North Dakota State University Extension Service  
[Recipe link.](#)

## Nutrition Information

**Serving Size:** 1 slice, 1/15 of recipe (58g)

### Nutrients Amount

**Total Calories 153**

**Total Fat 5 g**

Saturated Fat 2 g

Cholesterol 19 mg

**Sodium 180 mg**

**Carbohydrates 24 g**

Dietary Fiber 1 g

Total Sugars 10 g

Added Sugars included 8 g

**Protein 3 g**

Vitamin D 0 mcg

Calcium 37 mg

Iron 1 mg

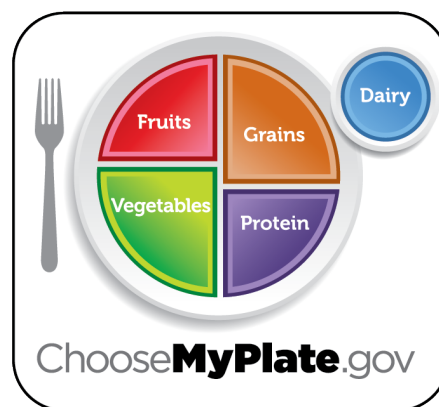
Potassium 66 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains 1 ounces

 Protein Foods 1/4 ounces



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# Homemade Pizza Crust



**Makes:** 4 Servings

Enjoy the freshness of a homemade pizza crust and enjoy the delicious aromas that fill your kitchen as it bakes!

## Ingredients

- 1 teaspoon rapid rise yeast
- 1/2 cup lukewarm water
- 1/4 teaspoon salt
- 1 teaspoon oil
- 1 cup bread flour (approximately)

## Directions

1. Mix yeast, water, salt, and oil. Add about 1 cup flour to make a stiff dough. The amount of flour may vary slightly.
2. Knead the dough until it is very elastic (will stretch and not make a hole).
3. Form your dough into a thin or thick crust as desired. Lay it on a greased baking sheet to rise while you prepare toppings for pizza.
4. Bake at 400°F with desired toppings until crust is browned and top is bubbly.

Source: Simple Healthy Recipes. ONIE Project - Oklahoma Nutrition Information and Education

## Nutrition Information

**Serving Size:** 1/4 of recipe

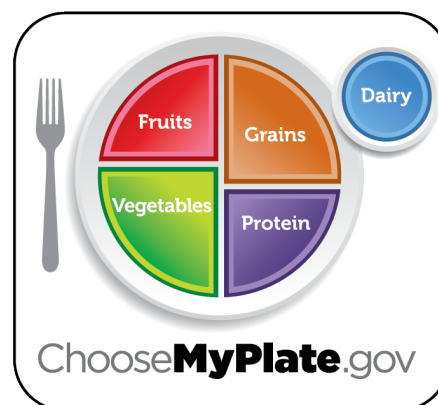
Nutrients	Amount
<b>Total Calories</b>	<b>137</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	0 mg
<b>Sodium</b>	<b>148 mg</b>
<b>Carbohydrates</b>	<b>25 g</b>
Dietary Fiber	1 g
Total Sugars	0 g
Added Sugars included	0 g
<b>Protein</b>	<b>5 g</b>
Vitamin D	0 mcg
Calcium	6 mg
Iron	2 mg
Potassium	44 mg

Note: only nutrients that are available will show on this display

## MyPlate Food Groups

 Grains

2 1/4 ounces



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