

# FIT PIZZA

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Czas	Liczba kalorii	Białko	Węglowodany	Tłuszcze
<b>1 h 30 min</b>	<b>815 kcal</b>	<b>52,1</b>	<b>102,4</b>	<b>27,1</b>

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Today, a fit recipe for pizza!

For all who cannot or do not want to give up pizza, and at the same time want to maintain their healthy habits and effects. The crunchy and thin bottom is the basis for making a great pizza. So if you haven't made home-made pizza yet, or just baked on the thick bottom, then try this recipe.

## SKŁADNIKI

- Dough:
- 125g wheat flour 00
- 4g yeast
- 2g sea salt
- 85ml lukewarm water
- Additives:
- 125g light mozzarella (Galbani)
- 40g prosciutto
- 40g parmesan
- 10g aragula
- 100g cherry tomatoes

## PRZYGOTOWANIE

1. Pour 340ml of lukewarm water into a large bowl with sea salt. Gradually mix in a small handful of the flour to break the water and start to turn it into a batter. Mix in the yeast and leave for 15 minutes.
2. Gradually mix in 90% of the remaining flour until you have a soft dough. Tip the remaining flour on to a clean surface and knead the dough for 20 minutes, or until smooth and elastic (or 10 minutes in a free-standing mixer with a dough hook). Place in a floured bowl, cover with a clean damp tea towel and let it stand for 1 hour (it will about double the size).
3. Knock out the air with your fists, roll into a sausage shape, chop into 4 equal pieces and roll each one into a ball. Place on an oiled tray, drizzle with oil, cover with e tea towel and prove overnight in the fridge.
4. Preheat the oven to full (240°C) and place a pizza stone inside (or a tray with a baking paper on it).
5. Press the dough into a fat round disc, then pick it up and gently turn and stretch it to 30cm in



diameter, using gravity to help you. Stretch it over the back of your fists, then place on a floured pizza paddle or board – the dough should be a little thicker around the edges.

6. Add mozzarella on top. Quickly shunt on to your pizza stone and close the oven door to retain heat.
7. Wait 7 or 8 minutes, take it out and the rest of toppings.