



Long Livo

Quick Pizza Dough – Easy Fast Recipe

15 min

Prep time

4

Servings

12 min

Cook time

Easy

Difficulty

27 min

Total time

Italian

Cuisine

Ingredients

Main Ingredients

- ☐ 3 cups all-purpose flour
- ☐ 1 cup warm water (105°F)
- ☐ 2 tsp active dry yeast
- ☐ 1 tsp sugar
- ☐ 1 tsp salt
- ☐ 2 tbsp olive oil

Instructions

- 1 In a small bowl, dissolve yeast and sugar in warm water; let sit 5-7 minutes until foamy.
- 2 In a large mixing bowl, combine flour and salt; make a well in the center.
- 3 Pour the yeast mixture and olive oil into the well; stir until a shaggy dough forms.
- 4 Turn dough onto a lightly floured surface; knead 6-8 minutes until smooth and elastic.
- 5 Place dough in an oiled bowl, cover with a damp cloth, and let rise in a warm spot for 45 minutes, or until doubled.
- 6 Punch down, divide into 4 portions, shape into balls, and let rest 10 minutes before stretching.
- 7 Preheat oven with a pizza stone to 475°F; stretch dough, add toppings, bake 10-12 minutes until golden.

Nutrition per serving

210 kcal

Calories

6 g

Protein

35 g

Carbs

5 g

Fat

Tips & notes

- If the dough feels sticky, sprinkle a little extra flour during kneading.
- For extra flavor, add a teaspoon of dried oregano to the dough.
- Allow the dough to rest after shaping to prevent shrinkage.