



Long Livo

Quick No Rise Pizza Dough

10 min

Prep time

2

Servings

12 min

Cook time

Easy

Difficulty

22 min

Total time

Italian

Cuisine

Ingredients

Dough

- ☐ 2 cups all-purpose flour
- ☐ 2 teaspoons baking powder
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon sugar (optional)
- ☐ 2 tablespoons olive oil
- ☐ 3/4 cup warm water

Instructions

- 1 In a large bowl whisk together flour, baking powder, salt, and sugar until evenly combined.
- 2 Create a well in the center and pour in olive oil and warm water; stir with a wooden spoon until a shaggy dough forms.
- 3 Turn the dough onto a lightly floured surface and knead gently for about 30 seconds, just until smooth.
- 4 Let the dough rest on the counter, covered with a damp towel, for 5-10 minutes.
- 5 Pre-heat oven to 475°F (245°C) with a pizza stone or heavy baking sheet inside.
- 6 Roll or stretch the dough to your desired size, transfer to parchment, add sauce and toppings.
- 7 Bake for 10-12 minutes until the crust is golden and cheese bubbly.
- 8 Remove, let sit a minute, slice, and serve warm.

Nutrition per serving

250 kcal

Calories

6 g

Protein

32 g

Carbs

9 g

Fat

Tips & notes

- If the dough feels too sticky, add a touch more flour; if too dry, a splash of water helps.
- For extra crispness, brush the crust with olive oil just before baking.
- Experiment with herbs mixed into the dough for added aroma.