

## **Quick Mix/Budget Mix Panbread**

*Makes enough for a 16" pizza pan (for 13", cut recipe in half)*

3 c. Basic Quick Mix (A good combination is 2 c. whole grain, 1 c. unbleached)

2 tbsp. extra-virgin olive oil

2 tbsp. raw honey

1 c. warm filtered water

1 tbsp. corn meal (from non-GMO corn)

Place Quick Mix in a large bowl and make a well in the centre to pour the liquid into. In a separate bowl, whisk oil, honey, and water. Pour into well and mix with a wooden spoon until blended. If necessary, add flour or water by the tablespoonful until the dough is moist, but not sticky. Form the dough into a

large ball. Turn out onto a lightly floured surface, rolling and stretching to the approximate size of your pan.

Sprinkle corn meal onto (lead-free) stoneware baking pan, then transfer dough to pan, lightly patting into place. Prick the crust with a fork to prevent bubbling. Top with your favourite Pizza or Panbread toppings, then bake in 425°F oven for approximately 17 minutes.

*Variation:*

You can add tbsp. chopped fresh herbs to your crust (or 1 tsp. dried), as well as a pressed garlic clove, for a pleasant twist.

Courtesy of Talena Winters [www.talenawinters.com](http://www.talenawinters.com)

This recipe was altered only slightly from MaryJane's Farm Panbread Crust recipe.