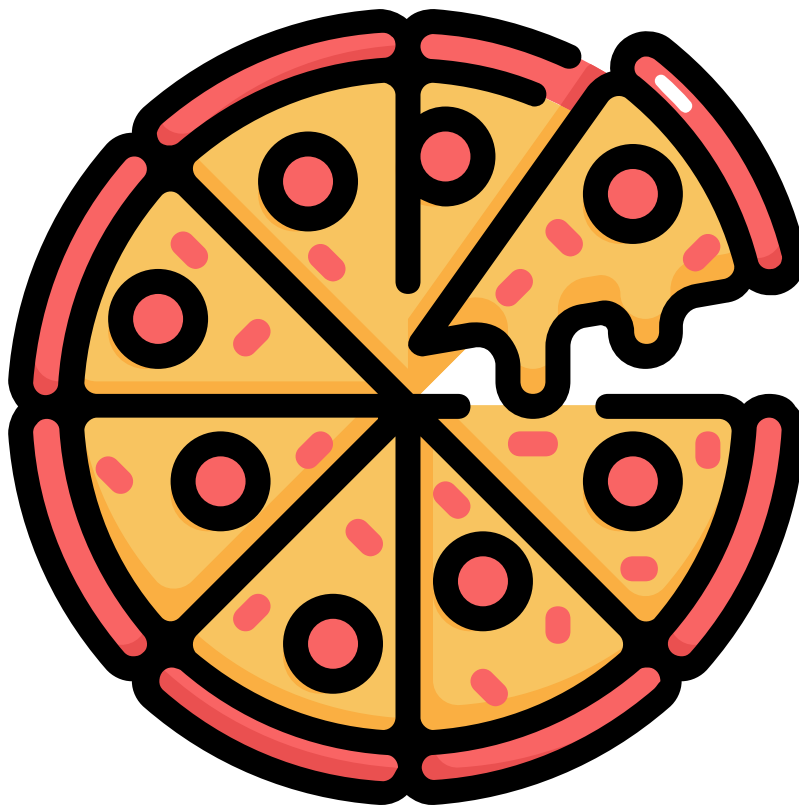




# LET'S HAVE A PIZZA PARTY!



- WHOLE WHEAT PIZZA DOUGH
- ENGLISH MUFFIN PIZZAS
- MAKE YOUR OWN PIZZA
  - ITALIAN SODA
  - CAESAR SALAD



# Whole Wheat Pizza Dough



**TOTAL TIME:** Prep: 25 minutes + Standing

This freezer-friendly whole wheat pizza dough recipe is easy to make and ready to use in a flash. All you need is your favorite pizza sauce and toppings.



## **DIRECTIONS**

- 1.** In a large bowl, combine the yeast, sugar, salt and whole wheat flour; set aside. In a small saucepan, heat water and oil to 120°-130°; stir into dry ingredients. Stir in enough white whole wheat flour to form a soft dough (dough will be sticky).
- 2.** Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Cover with plastic wrap and let rest for 10 minutes. Punch down dough; divide into 3 portions. Use immediately, refrigerate overnight or freeze for up to 1 month.

## **INGREDIENTS**

- \_ 3 packages (¼ ounce each) quick-rise yeast
- \_ 2 tablespoons sugar
- \_ 1½ teaspoons salt
- \_ 2¼ cups whole wheat flour
- \_ 2½ cups water
- \_ 3 tablespoons olive oil
- \_ 3 to 3½ cups white whole wheat flour

## **NUTRITION FACTS**

1/4 of 1 pizza crust: 260 calories | 5g fat (1g saturated fat)  
0 cholesterol | 296mg sodium  
46g carbohydrate (3g sugars 8g fiber) | 11g protein.

Source: [www.tasteofhome.com](http://www.tasteofhome.com)



# English Muffin Pizzas



## **INGREDIENTS**

- 1 whole wheat English muffin, split
- ¼ cup pizza sauce
- ¼ cup shredded mozzarella cheese
- 1 Tablespoon grated Parmesan cheese
- Toppings of your choice
- Olive Oil
- ¼ teaspoon Italian seasoning, if desired

## **DIRECTIONS**

- 1.** Preheat the oven to 400°F and line a baking sheet with parchment paper for easy cleanup.
- 2.** Place the English muffin halves, cut side up, on the baking sheet. Lightly brush each half with olive oil to help them crisp up.
- 3.** Bake in the preheated oven for 3-4 minutes until they're lightly golden. This step prevents the pizzas from becoming soggy later.
- 4.** Remove the muffins from the oven. Spread about 2 tablespoons of pizza sauce evenly over each half.
- 5.** Sprinkle shredded mozzarella generously on top of the sauce, then add a light sprinkle of grated Parmesan for extra flavor.
- 6.** Place desired pizza toppings on each muffin half. Finish with a sprinkle of Italian seasoning for added flavor.
- 7.** Return the baking sheet to the oven and bake for 10 minutes, or until the cheese is fully melted, bubbly, and the muffin edges are crispy.
- 8.** For a crunchier finish, broil the pizzas for an additional 1-2 minutes, keeping a close eye to prevent burning.
- 9.** Let the pizzas cool for a few minutes before serving. Enjoy!



# Make Your Own Pizza

## Sauce

- Store bought
- Homemade
- Traditional marinara
- White Sauce (ranch or alfredo)
- BBQ

## Cheese

- Mozzarella
- Cheddar
- Parmesan
- Havarti
- Provolone
- Gorgonzola
- Ricotta

## Meat

- Pepperoni
- Sausage
- Bacon
- Canadian Bacon
- Chicken
- Ground beef

## Vegetables

- Onions
- Peppers
- Olives
- Spinach
- Diced Tomato

## Other

- Mushrooms
- Pineapple
- Dill pickle
- Jalapeno Peppers
- Brown sugar
- Garlic



Be creative. Try out new ingredients and new flavor combinations. Use the English Muffins or make personal pan pizzas with the dough to try lots of different ingredients. A fun way to come up with new combinations is to google craft pizza places and get some ideas!

- marinara, bacon, pineapple, cheese, brown sugar
- Alfredo, chicken, bacon, onion, Roma tomato, cheese
- Chicken, bacon, ranch
- Cheeseburger: marinara, cheese, ground beef, red onion, bacon, dill pickle
- Sweet/spicy jalapeño jelly, cheese, ground beef, bacon, ricotta, house pickled jalapeños, jelly drizzle





# Caesar Salad



## **INGREDIENTS**

- \_ 1 head romaine lettuce, chopped
- \_ Parmesan cheese, shaved or large shredded
- \_ Croutons
- \_ Caesar salad dressing

## **DIRECTIONS**

- 1.** Place chopped romaine lettuce on salad plate
- 2.** Drizzle on Caesar salad dressing
- 3.** Garnish with Parmesan cheese and croutons
- 4.** Optional: sprinkle with black pepper



# Italian Cream Soda Bar



## INGREDIENTS

- Glasses and fun straws
- Ice
- Club Soda, Seltzer or Sparkling Water
- Syrups (sugar free is a great way to enjoy with a lot less sugar)
- Half-and-half
- Fruit to garnish, optional
- Whipped cream, optional

## DIRECTIONS

- 1.** Fill tall glass with ice
- 2.** Pour in enough club soda/seltzer/sparkling water to fill approximately 2/3 full
- 3.** Add syrup flavors, depending on size of glass you'll need more or less syrup, start with 2 tablespoons and increase if desired
- 4.** Add 1-2 tablespoons of half-and-half
- 5.** Garnish with fresh fruit and whipped cream if desired





## 30-DAY ACTS OF KINDNESS CHALLENGE

Doing random acts of kindness is so easy and fun! Try the 30-Day Acts of Kindness Challenge with your. There are more than 50 ideas listed on the challenge sheet. For the next 30 days, choose 1 of the items to do with your kids each day. When an act of kindness is completed, put a check-mark next to that item.

Here are some acts of kindness to included on the challenge list:

- |  |  |
|--|--|
| 1. Compliment someone                                | 26. Donate to charity                              |
| 2. Leave a treat for the mailman                     | 27. Give a teacher a thank-you gift                |
| 3. Buy a gift card for the person behind you in line | 28. Help someone elderly carry out their groceries |
| 4. Make baked goods for the neighbors                | 29. Leave a bag of candy on a doorstep             |
| 5. Buy the person behind you coffee                  | 30. Prepare a meal for your family                 |
| 6. Smile at someone                                  | 31. Donate outgrown clothes                        |
| 7. Donate unused toys to those in need               | 32. Help someone in need cross the street          |
| 8. Leave a 50% or more tip                           | 33. Plan a surprise party for someone              |
| 9. Babysit a neighbor, friend or family member       | 34. Volunteer at a retirement home                 |
| 10. Send a thank-you card to someone                 | 35. Host a free lemonade stand                     |
| 11. Give a dog treat to a dog on a walk              | 36. Hold the elevator                              |
| 12. Pay for a stranger's meal                        | 37. Do another family member's chores              |
| 13. Plant a flower or tree and watch it grow         | 38. Pay for someone's bus/cab/Uber fare            |
| 14. Say thank you and please more                    | 39. Make hot chocolate for your family             |
| 15. Volunteer  | 40. Leave an encouraging note on a car             |
| 16. Open the door for someone                        | 41. Pay the adoption fee for a rescue animal       |
| 17. Offer to do yard work for a neighbor             | 42. Donate your hair to a good cause               |
| 18. Send a care package to a soldier                 | 43. Hide money in a book for people to find        |
| 19. Pick up trash                                    | 44. Be kind to others                              |
| 20. Send a handwritten letter                        | 45. Create inspiring chalk art at the park         |
| 21. Leave change in a vending machine                | 46. Sponsor a child                                |
| 22. Let someone go before you in line                | 47. Donate books to the library                    |
| 23. Pay someone a compliment                         | 48. Walk a neighbor's dog                          |
| 24. Buy groceries for a family in need               | 49. Return someone's cart for them at the store    |
| 25. Make breakfast for a family member               | 50. Tape change to a parking meter                 |

