**Pizza dough for the happy tummy**

- 2 cups white flour

- 1/2 tsp salt

- 1 tsp yeast

- 1 tbsp oil

- 1/4 cup warm water plus two tbsp.

-1/4 cup of pure mango juice

- 6oz of chopped ripe mango

-Mix dry ingredients, (check what your yeast says. The Peru yeast I was using here said to mix with dry ingredients, not water first)

-Add in chopped mango

-Slowly and in warm water then mango juice, in thirds kneading in the water by hand or with dough mixer over the course of 4-6 minutes

-Once kneaded, it should be slightly tacky, not sticky and not dry. Just enough to lightly stick to your skin.

-Roll into a ball then rub with oil and place in a lightly oiled steel bowl. Saran wrap to keep in air and place in a warm location, like next to a fridge motor or on top of the toaster oven once it’s shut off.

-The dough can not be anyplace too hot or to cold, just above room temperature and away from any breezes.

-Let stand for one hour. By then the dough should have doubled in size.

-Once risen, take and dived in two if you want 2x 10” pizzas or into four if you want 4x 5” pizzas.

-Knead out the portioned dough by hand until it achieves the pizza shape you want. This will be easier on a lightly floured or oiled surface.

-Once you have the pizza shape, saran wrap it on the table and let rise for 25-30 more minutes. The thickness should almost double.

-From here, place on oiled or lightly floured surface. Add pizza ingredients starting with the sauce, then cheese, then ingredients driest to wettest. (Ex. Sauce-cheese-chicken-red pepper-pineapple)

-Bake pizza dough with ingredients from raw in an over at 375oF – 395oF for 20-25 minutes or until the bottom is golden brown as well the crust.

\*Note, if you would like a “herbed crust”, add in 2tbsp of fresh chopped thyme or oregano with the dry ingredients at the start.

**Toppings**

* 4oz of cooked chicken breast
* 6oz of shredded mozzarella cheese
* 2x heart-shaped mango pizza toppers (use cookie cutter and ½” thick slice of mango)
* 3oz of bbq sauce (nothing “BOLD”)
* Slices of fresh mango