



3 Ingredient Pizza Dough

PREP TIME

10 min

COOK TIME

5-10 min

TOTAL TIME

20 min

SERVINGS

4

COST

\$

COURSE

Dessert

INGREDIENTS

- 1 cup self-rising flour
- 1 cup plain greek yogurt
- Pinch of salt and any other seasonings to taste

INSTRUCTIONS

1. Preheat oven to 400 degrees
2. Combine plain greek yogurt, salt, seasonings, and self rising flour
 - Dough will be sticky
3. Place dough mixture onto a lightly floured surface. Knead until it forms a more dough like consistency.
4. Roll dough out or cut into desired shape and thickness.
5. Place on a parchment lined baking sheet or pizza pan/stone.
6. Take a fork and poke holes around the pizza dough to help prevent the crust from bubbling. Bake for 5-10 minutes without ingredients. Then remove from oven, add your desired ingredients, and bake 10-20 more minutes until crust is golden brown and toppings are cooked accordingly.

NOTES

Healthy Pizza Topping Ideas

Bell peppers, mushrooms, olives, red onion, pineapple, cheese, chicken, broccoli, artichoke, garlic, and any other veggies you like

COOKING WITH KIDS!



Follow these tips for ideas on how to include your kids while making this recipe

Your kids can help mix the dough and add the toppings!

