

3 Ingredient Pizza Dough



Cooking with

Kids!

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

Additional Notes

Healthy Pizza Topping Ideas

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

Use what you have on hand!

January 2026

Utah State University Extension

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Ingredients

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

Instructions

- Preheat oven to 400 degrees
- Combine plain greek yogurt, salt, seasonings, and self rising flour
 - Dough will be sticky
- Place dough mixture onto a lightly floured surface. Knead until it forms a more dough like consistency.
- Roll dough out or cut into desired shape and thickness.
- Place on a parchment lined baking sheet or pizza pan/stone.
- 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.