



2-INGREDIENT DOUGH

Pizza for dinner!

This 2-ingredient dough couldn't be easier! Using self-rising flour, all you need is the flour and yogurt! I wanted to go the whole wheat route so I needed an additional few ingredients which you're bound to have in your pantry. Remember, you can do this without a stand mixer– a hand mixer with a dough hook attachment OR even just your hands will work– just keep in mind you'll have to knead the dough for about 5-8 minutes if you use your hands.



INGREDIENTS

1 cup whole wheat flour
(or self rising flour)
1 cup Greek yogurt
1 ½ tsp baking powder (not necessary
if using self rising flour)
½ tsp salt (not necessary if using self
rising flour)

PROCEDURE

- Combine your ingredients in the bowl of your stand mixer, and let it run low for a few minutes, until a dough ball starts to form.
- Flour a large surface and turn out your dough. Flatten it out, fold it in, and repeat! Do this about 5 times and then flip it, and you've got a nice dough ball.
- Use a rolling pin to flatten your dough out evenly and roll into a crust shape.
- Transfer your pizza dough crust to a large, sprayed pizza pan. Load it up with your favorite pizza toppings!
- Bake in an oven preheated to 450°F for 10–12 minutes. Remove, and allow to cool for a few minutes before slicing and devouring!

CRUST NUTRITION per serving (⅓ recipe):
190 calories | 34g carbs | 0g fat* | 13g protein

**Nutrition calculated using nonfat plain Greek yogurt*



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