



# Two ingredient pizza dough

**Prep:** 10 minutes

**Serves:** 3

**Portion size:** 170 g cooked



## INGREDIENTS

1½ cups (375 ml or 92 g) self-raising flour  
+ extra for dusting and kneading

1 cup (250 ml) plain double cream yoghurt

## Nutrition Facts

Serving size: 170 g

Energy (kJ)	1725
Protein (g)	12.6
Total Carbohydrates (g)	75
Fat (g)	6.3
Calcium (mg)	425



## METHOD

1. In a large bowl, combine the flour and yogurt together. Mix to form a loose dough.
2. Transfer the dough onto a clean, floured surface dust with some more flour while kneading to create a smooth dough (approximately 6 minutes) - dust with flour as needed.
3. Roll out and use immediately and top with your favourite pizza toppings.



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