



Yoghurt Dough



Season: All seasons

Serves: 30 tastes in the classroom or 6 at home

Greek yoghurt contains probiotic cultures and is lower in lactose and has twice the **protein** content of regular yoghurts.

Equipment:

- Rolling pin
- Mixing bowl
- Measuring cups
- Mixing spoon
- Baking paper
- Baking tray

Ingredients:

Pizza Base

- 1 cup (260g) plain Greek yoghurt
- 2 cups wholemeal self-raising flour
- Plain flour for dusting

What to do:

1. Preheat oven to 180oC

For the yoghurt dough base:

1. Mix 300g plain Greek yoghurt and 600g self-raising flour in a bowl
2. Add more flour if mixture is too sticky.
3. Dust bench with plain flour and kneed dough until soft.
4. Divide into 2 equal balls and roll out 2 pizza bases until just under 1cm thick
5. Bake in oven for approximately 5-10 minutes before adding toppings

You can top with sweet or savoury ingredients.

We are trying:

1. Apple, cinnamon and sultanas
2. Fresh vegetables with parmesan