3-Ingredient Dough

1/2 of recipe: 142 calories, 0.5g total fat (0g sat. fat), 205mg sodium, 25g carbs, 3.5g fiber, 2.5g sugars, 10g protein

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Prep: 10 minutes   **Cook:** 20 minutes

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Ingredients

1/2 cup whole-wheat flour
3/4 tsp. baking powder
1/2 cup fat-free plain Greek yogurt

Optional seasonings: garlic powder, salt, and pepper

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

In a large bowl, combine flour and baking powder. Add desired seasonings to taste. Stir until uniform.

Add yogurt and thoroughly mix until a dough-like texture is reached.

Roll out dough into a pizza crust or form into breadsticks.

Bake until cooked through, 15 - 20 minutes.

MAKES 2 SERVING

Looking for a breakfast spin on 3-ingredient dough? Try our [Easy Everything Bagels](#)!

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