



2-Ingredient Pita Pockets



1/2 of recipe (1 pita): 135 calories, 0g total fat (0g sat. fat), 381mg sodium, 25g carbs, 0.5g fiber, 2.5g sugars, 8.5g protein

[Click for WW Points® value*](#)

Prep: 5 minutes **Cook:** 10 minutes



More: [Breakfast Recipes](#), [Lunch & Dinner Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

1/2 cup self-rising flour
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/8 tsp. Italian seasoning
1/2 cup fat-free plain Greek yogurt

Directions

In a large bowl, mix flour with seasonings. Add yogurt. Mix until dough forms.

Shape dough into 2 balls, about 1/2 cup each. Roll out and flatten into 2 circles, about 1/8-inch thick and 5 inches in diameter. (See HG Tip.)

Spray an air fryer with nonstick spray. Place 1 pita in the air fryer, and spray with nonstick spray.

Set air fryer to 400°F. Cook until golden brown and cooked through, 6–8 minutes, flipping halfway through. (Pita may puff up as it cooks.)

Repeat with remaining pita. Once ready to serve, slice pita in half (optional) and gently open it with your hands.

MAKES 2 SERVINGS

HG Tip: For perfectly round pitas, place the rim of a similar-sized bowl over each circle of dough, then trim the edges.

Oven Alternative: Bake at 450°F until golden brown and cooked through, about 10 minutes, flipping halfway through.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.