



## 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

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



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### 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.

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