



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

Green Plan [SmartPoints](#)® value 4*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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



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

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!](#)

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.