



## Sweet-Hot Sausage & Apple Pizza



1/2 of recipe (1 pizza): 307 calories, 7.5g total fat (4g sat. fat), 806mg sodium, 38g carbs, 1.5g fiber, 10.5g sugars, 20g protein

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**Prep:** 10 minutes    **Cook:** 15 minutes



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### Ingredients

#### Dough

1/2 cup self-rising flour  
1/2 tsp. garlic powder  
1/2 cup fat-free plain Greek yogurt

#### Toppings

1/4 cup pizza sauce  
1/2 cup shredded part-skim mozzarella cheese  
1/4 cup chopped fuji apple  
1 frozen meatless or turkey precooked sausage patty with 80 calories or less, thawed and chopped  
2 tsp. hot honey (like [Mike's Hot Honey](#))

### Directions

Preheat oven to 450°F. Line a baking sheet with parchment paper.

In a large bowl, mix self-rising flour with garlic powder. Add yogurt, and mix until dough forms.

Shape dough into two circles on the baking sheet, each about 6 inches in diameter and 1/4 inch thick. Bake for 7 minutes.

Spread with sauce, leaving a 1/2-inch border. Top with cheese, apple, and chopped sausage.

Bake until cheese has melted, sausage is heated through, and crust is crispy, about 5 minutes. Drizzle pizzas with hot honey.

MAKES 2 SERVINGS

**HG Dough Tips:** To prevent sticking, lightly dust your hands and work surface with flour and refrigerate dough for at least 5 minutes. The dough is easier to work with if you make it a day or two in advance.

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