

Dough for pizza and scrolls



Prep time:
10 minutes



Cooking time:
15 minutes



Source of grains



Source of dairy



Source of iron



Ingredients

- Wholemeal self-raising flour
- Plain Greek yoghurt

1:1 ratio of ingredients by weight

e.g. 1kg flour to 1kg yoghurt.

Add extra self-raising flour if required.

If using volume as a measure, use 1½ cups flour for every 1 cup of yoghurt.

Method

1. Combine yoghurt and flour in a bowl.
2. Mix gently to combine and knead lightly until a dough forms. If the mixture is too wet, add more flour, or if it's too dry add more yoghurt until you get to a dough consistency.
3. Roll into a ball.
4. Continue to knead the dough until it is a smooth consistency and not sticky.
5. Place dough onto waxed baking paper.
6. Shape the dough into a rectangle or circle.
7. Dust a rolling pin with flour and roll out the dough to a thickness of approximately 1cm. If you prefer a thinner crust, roll the dough thinner.
8. Add desired toppings, and bake in oven.

Helpful hints

- Add in extra flour if the dough is too sticky.
- Use waxed baking paper and dust with flour to prevent the dough from sticking when rolling.

Topping ideas:

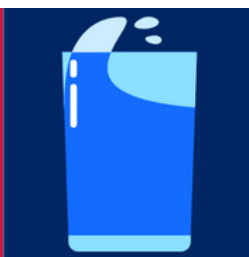
Vegemite/cheese; spinach/cheese;

chicken/cheese/pineapple;

cheese/carrot/zucchini; ham/pineapple/cheese;

meat (e.g. browned, cooked mince)/vegetables.

Illawarra Shoalhaven Local Health District, 2022.



Healthy Eating
Active Living

