Homemade Pizza

UND UNIVERSITY OF **NORTH DAKOTA**
WELLNESS & HEALTH PROMOTION

Ingredients

- 1-1 ¼ c all purpose flour
- 2/3 c nonfat plain greek yogurt
- 2-3 tsp olive oil
- ¼ c pizza sauce
- 17 slices turkey pepperoni
- ¼ c shredded mozzarella cheese
- ¼ c shredded parmesan cheese

Directions

1. Wash hands for 20 seconds using warm water and soap, making sure to wash your wrists, underneath your finger nails, and in between your fingers.
2. Preheat oven to 500F.
3. Mix 1 c. all-purpose flour and 2/3 c. Greek yogurt together to make dough.
4. Transfer dough to parchment paper on baking sheet & use a rolling pin to create thin layer of crust.
5. Brush olive oil onto dough layer.
6. Bake in oven for 10-12 minutes or until top is golden.
7. Remove crust and reduce heat to 350F.
8. Add pizza sauce to layer of crust.
9. Add mozzarella cheese & additional topping to pizza.
10. Bake pizza for 8-10 minutes or until cheese is fully melted and pepperoni begin to crisp.
11. Cut into 8 slices and enjoy!

Nutritional Information

- Yields: 8 Slices
- Nutrition Information per Slice
- Calories: 109
- Carbohydrates: 4.9g
- Protein: 5.5g
- Fats: 3.5g