

2 Ingredient Dough

Recipe Diaries blog (follows Weight Watcher's)

Internet address: <https://www.recipe-diaries.com/2-ingredient-dough-weight-watchers/>



Servings: 4

1 cup Greek yogurt, fat-free

1 cup self-rising flour

1 egg, for wash

1. Mix flour and yogurt together in bowl. Either spray Pam on your hands or dust hands with more flour as dough is sticky. Knead dough until smooth.
2. Divide into 4ths and shape into whatever you want. (I've made sandwich rolls, bagels - my preference - pizza crust, hotdog buns...)
3. Place on parchment paper on baking sheet. Whisk egg and brush onto dough. Then sprinkle with whatever topping sounds good. I love the Everything Seasoning from Trader Joe's or Costco. I've also sprinkled mini chocolate chips, herbs and parmesan.... be creative!
4. Bake at 350°F for 22 minutes.

Per Serving (excluding unknown items): 160 Calories; 2g Fat (8.9% calories from fat); 10g Protein; 26g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 437mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fat.