

# BOMBSHELL PIZZA



## INGREDIENTS:

- 1/2 cup whole wheat flour
- 1/4 cup plain nonfat Greek yogurt
- 1 tsp baking powder
- 1/4 cup low fat cheese
- 1/4 cup pizza sauce

## DIRECTIONS:

- 1) Heat the oven to 475
- 2) Add whole wheat flour, baking powder and Greek yogurt in a medium bowl, mix well until combined
- 3) Knead the dough until it's well formed
- 4) Roll out dough to your desired thickness
- 5) Coat a baking sheet with 1/2 tbsp of oil and place in the oven for about 5 minutes (this really helps get a yummy crispy crust)
- 6) Remove baking sheet from the oven and lower heat to 450 F
- 7) Place formed pizza crust on the hot pan and bake for 10 minutes (little longer for thick crust) The crust may bubble up slightly
- 8) Add sauce, cheese, and toppings and bake again until cheese melts. ~5 minutes

Enjoy!

Makes 1 Pizza

Calories: 373 | Protein: 22 g | Carbs: 56 g | Fat: 9 g | Fiber: 7 g