

# Personal Pizza

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Final points are determined by what ingredients you use!

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- 1/4 cup self rising flour
- scant 1/4 cup FF Greek yogurt
- 1/4 cup or less depending on tastes, prepared pizza sauce
- 28 grams mozzarella cheese – the cheese you choose will determine the points
- toppings of your choice – add points if necessary

1. Preheat oven to 400.
2. In a bowl, mix flour and yogurt. Knead a few times
3. Roll out on a baking sheet sprayed with non stick spray. I use this roller <https://amzn.to/2IB6txF>
4. Bake for 8 minutes
5. Top with pizza sauce, cheese and toppings of your choice. Bake an additoinal 12 minutes.