

Pizza

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Makes 16 squares

Blue – 1 piece-2 points; 2 pieces-4 points; 3 pieces-6 points; 4 pieces – 9 points

Purple – 1 piece-2 points; 2 pieces-4 points; 3 pieces-6 points; 4 pieces – 9 points

Green – 1 piece-2 points; 2 pieces-5 points; 3 pieces-7 points; 4 pieces – 9 points

Dough

- 1 cup self rising flour
- 3/4 cup non fat greek yogurt

Pizza Sauce

- 15 ounce tomato sauce
- 2 tsp dried oregano
- 1 tsp dried thyme
- 2 tsp dried basil
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp sugar
- 1/4 tsp seasoned salt
- 1/8 tsp black pepper

Additional Ingredients

- 2 cup part skim, shredded mozzarella cheese

- any additional toppings (be sure to count points if necessary!)

Crust

1. Preheat oven to 400.
2. In a large bowl, combine flour and yogurt. Mix well. Knead for 20-30 seconds.
3. Spray a 15×10 inch baking sheet with non stick spray. Roll out the dough evenly on the baking sheet. I use this dough roller <https://amzn.to/3c4njmL> (paid link)
4. Bake crust for 8-9 minutes. Remove from oven
5. While crust is baking, make sauce.

Sauce

1. Combine all sauce ingredients in a medium saucepan
2. Cook the sauce over medium-high heat until it boils
3. Reduce heat and simmer for 10 minutes.
4. It is ready to use. Can be frozen

Assembly

1. Once the crust is out of the oven, spread desired amount of sauce over crust
2. Top with 2 cups shredded mozzarella and any additional toppings.
3. Return to oven and bake 12-14 minutes longer – until cheese is melted
4. Let stand 5 minutes so cheese can set.

5. Cut into 16 servings.