

## YOGHURT PIZZA DOUGH

Red pepper  
Kale  
tomatoes  
tomato sauce.

**Season:** Year round  
**Type:** Basics  
**Difficulty:** Easy  
**Country of origin:** Italy  
**Serves:** 8-10 dinner plate sized pizzas or 3 larger tray pizzas  
**Source:** Annabel Langbein - *A Free Range Life: Winter Goodness*

### Equipment

- ☛ Large Mixing Bowl
- ☛ Large spoon for stirring
- ☛ Measuring cups and spoons
- ☛ Baking paper to roll out the dough
- ☛ Baking tray/s

### Ingredients

- ☛ 4 cups self-raising flour (& extra for dusting)
- ☛ 4 cups natural Greek yoghurt
- ☛ 2 teaspoons salt

### How to make it

1. Add flour and salt to a large mixing bowl and stir to combine. Gently stir in yoghurt to create a soft sticky dough.
2. Generously flour a clean work surface and tip dough out. Knead gently to form a ball then divide into 8-10 pieces if making smaller pizzas or 3 larger balls if making bigger tray size pizzas.
3. Place dough onto baking paper and press out to create a round dinner plate size then transfer to baking sheet with the baking paper. If making a larger pizza use baking paper to line baking trays and press dough out to desired shape and size
4. To cook heat oven to 200°C. Top with GTT tomato sauce and your favourite topping or follow our recipes for Potato and Rosemary Pizza or Ratouille Pizza with Courgette & Capsicum.
5. Place carefully in the oven and bake 10-15 minutes till cheese is golden and melted and the base is golden. Caution – hot! Ask an adult to help you with this.
6. Remove from oven and allow to cool slightly before cutting into portions. Caution – hot! Ask an adult to help you with this.
7. Share and enjoy!

### Notes:

- ☛ Pizza is a great way to introduce children to new flavours and tastes.
- ☛ Making pizza is fun and something the whole class can make together. One table can make dough, one table tomato sauce and other tables prepare toppings. Once the prep is done give each table some dough, toppings and sauce and let them work as a team to create their signature pizza. Invite the principal in to judge which is yummiest.
- ☛ Pizza making can be a fun way to incorporate geometry and fractions in the kitchen setting. As children shape the pizza ask them about their favourite shapes. When they portion pizza get them to

think about how many portions they need and what shape will work best for their pizza e.g. triangles/wedge for rounds.

- 🕒 To save time make GTT Tomato Sauce the week before and refrigerate or freeze so it's ready to go.

### **Skills:**

- 🕒 Mixing, **kneading\***, portioning

\* Knead - to press, fold and stretch dough till smooth and elastic, usually done by pressing with heels of the hands