

Prepare the Dough

1. Preheat oven to **400°F**. Line a baking sheet with parchment and lightly brush with **1 tsp olive oil**.
2. In a bowl, mix:
 - a. **1 cup flour**
 - b. **½ tsp salt**
 - c. **1 tsp baking powder**
3. Add **½ cup whole milk Greek yogurt** and **½ tsp olive oil**. Mix until a dough forms.
4. Lightly flour a surface and knead the dough for about **1–2 minutes** until smooth.
5. Roll or press the dough into a **small pizza shape**.

Add the Toppings

6. Spread **4 tbsp pizza sauce** on the dough. *Storebought pizza sauce works great, just check the added sugar content!*
7. Sprinkle **1 cup shredded mozzarella cheese**.
8. Add any toppings you like (onions, mushrooms, olives, pepperoni, peppers, pineapple, etc.). *Optional: sprinkle herbs like garlic powder, basil, or oregano.*

Bake

9. Bake for 12–15 minutes at 400°F, until the crust is golden and cheese is melted.

Let cool for a few minutes, slice with your TOA pizza cutter, and enjoy!



WHOLE PIZZA

Calories: ~940 kcal
Protein: ~54 g

Carbohydrates: ~108 g
Fat: ~40 g
Fiber: ~5.5 g

PER SERVING (¼ PIZZA)

Calories: ~235 kcal
Protein: ~13.5 g

Carbohydrates: ~27 g
Fat: ~10 g
Fiber: ~1.4 g

Want Personalized Nutrition Guidance?

Contact our dietitians to schedule a consultation!

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