

# 2 Ingredient Dough

The simple yet versatile dough recipe that keeps us sane



R D  
13-15  
Points shown  
for entire batch

- last checked 11/14/22 -  
Use your mobile device's Camera/App to  
look at this code for nutritional info.

If you've been in-program for any length of time you KNOW how much you missed your bread when you first started. I'm including this in the book because there are a lot of new people who still view 2 ingredient dough as a mystery and ask in Connect "How do you make it? What's in it?" For you new folks, this dough is so incredibly versatile, it truly is the kitchen chameleon. I use this stuff for everything. breakfast pizzas, bagels, steamed for Asian inspired dumplings, thrown it into a hearty low point chicken and dumplings, strombolis, biscuits, impromptu projectiles, the list goes on and on.

## Ingredients:

- 1 cup Self Rising flour
- 3/4 cup Fat Free Greek Yogurt
- additional water IF NEEDED

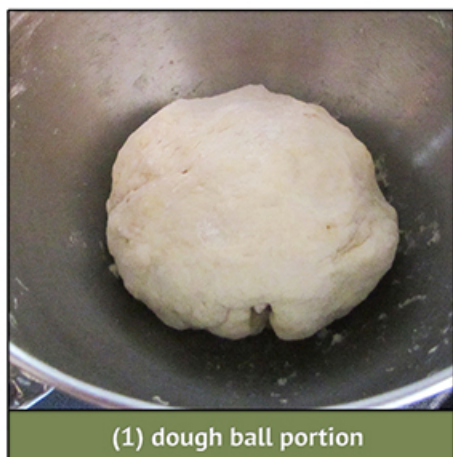
## Directions:

- 1 Combine the Flour and Yogurt in a mixing bowl until well combined and formed into a ball.
- 2 Remove from bowl and place on cutting board dusted with flour.
- 3 Basic cooking method:  
Bake at 375 for 18-20 min.

## Various Applications:

- Quarter the dough as pictured below, and use the 4 separate sections for a variety of uses, such as:  
Bagels, Biscuits, flattened into rounds to make 4 small personal sized pizzas, and much more.
  - Cut the dough into 1/8th's instead of 1/4's to make small dough balls for use as bread knots, small dessert bread bites and appetizers.
  - Roll the dough out into long ropes and slice it into small dumplings for use in low point chicken and dumplings.
  - Steam the dough to make asian buns.
- If you roll out the dough ball into 1 large round pizza dough rather than sectioning it into quarters, you can use it to make a regular sized medium pizza or a larger sized thin crust pizza.
  - **WATER:** If you don't want to use yogurt, you can use water instead. Take your 1 cup of flour, then mix in 1/3 cup water. It'll still be a little too thick, so add 1 additional Tablespoon at a time, mixing till the dough JUST comes together. It should be just a little less than 1/2 cup.
  - Another version is "**3 ingredient dough**". Use 2 cups self rising flour, 1 cup yogurt and 2 eggs. Mix together and portion just like normal. It's more airy and fluffy.

\*\* Cook temp & time vary depending on application





## Pizza Dough

If you are looking for a fast, reliable and easy way to make a basic pizza crust that's easy to portion for different amounts of Points, then 2 ingredient dough is a godsend. You can use a 1 cup dough ball to flatten/stretch into a good medium sized thin crust pizza that will only cost 16 points all together in crust. For a comparison, the ready-made pizza dough available at major grocery store chain "Jrader Toes" \*cough\* is over 35 points.

You can also make 4 personal sized pizzas out of the 1 cup dough ball by cutting it into equal 1/4's, each one being 4 Points. When rolled out they are each the size of a personal sized pizza. Or if you want a Small sized pizza, simply cut the dough ball in 1/2 for 2 small pizzas that are 8 points for each crust. Though cook times vary depending on each person's preference, typically folks bake their 2 ingredient pizzas at 400-425 degrees for between 12-16 minutes, depending on how they like their crust.



## Bagels, Biscuits, and Pretzels

For those of us that aren't nutcase carb-cutters like some of the trend "diets" turn you in to, using 2 ingredient dough to make bagels, biscuits and pretzels is a game changer in our weight loss journey. For regular sized bagels, biscuits, and pretzels you should quarter the 1 cup dough ball, making (4) 4 point sections. For bagels, roll each section into a thick rope and then twist it into a round bagel shape. Pretzels are prepared in the same way except the rope of dough is twisted into a pretzel shape. You can then spray each piece with butter flavored cooking spray, sprinkled it with your desired seasonings and bake. Typical baking directions for bagels is: 350 degrees for 20 minutes, then turn up the heat to 450 degrees for a final 2-3 minute to brown the top a little more. For REAL, browned and chewy bagels, boil a large pot of water with 1/4 cup of baking soda in it. When your raw dough is shaped into rounds, boil them for 30 seconds on each side. Take the boiled bagels out of the baking soda bath, then bake them at 425 until dark brown, about 13-15 minutes. They are 10x more awesome that way.



## Snack Sized Bites

Other than pizzas and big delicious bagel sized fluffy goodness, there are even more ways to utilize this dough. Rather than sectioning it into (4) 1/4 sections, you can section the 1 large dough ball into 8 separate smaller sections. 1 piece is 2 points.

You can use these smaller sections for a ton of different small bites and appetizer ideas such as bite sized pretzel nuggets, rolling the rounds in your sweetener of choice and cinnamon, form the sections into small flat tortilla-like rounds with a filling in the center and then roll them up into a stuffed bread ball with any number of fillings.. the options are endless. Cooking temperatures and bake times vary depending on what type of snack sized appetizer you are trying to make. A quick search online or in Connect will find tons of recipe ideas.



## Empanadas/Stuffed Pockets

2 ingredient dough is also a fantastic vehicle to make savory stuffed breads and pastries. Using the same exact principles as all of the other applications, you can simply fold your preferred filling of choice inside two layers of the dough to make sweet or savory stuffed empanadas, calzones, stromboli, baked panini sandwiches, baked breakfast pockets filled with scrambled eggs, cheese, veggies... you are only bound by the limits of your culinary imagination.

You can find hundreds of delicious recipes and ideas on Connect or any number of websites such as pinterest, emilybites and skinnytaste.

