

2 Ingredient Rolls



Ingredients

2 Ingredient dough

To make dough:

1 cup self-rising flour

$\frac{3}{4}$ cup 0% fat plain Greek yogurt

$\frac{1}{4}$ teaspoon garlic powder

Egg and water

Utensils

Baking sheet

Parchment or Foil

Cooking spray

Pot Holder

Knife

If making dough- bowl and spoon



Recipe Instructions

Step 1: Preheat the Oven

Check to make sure nothing is in oven

Preheat the oven to 375 degrees

Step 2: Prep Tray

Place parchment paper or foil on baking sheet, spray with cooking spray

If you have the a kit **skip to step 4**

Step 3: Mix Dough

Mix flour and $\frac{3}{4}$ cup yogurt with a spoon until ingredients look lumpy. Then mix with hands and kneed into large dough ball. You want the dough to be stretchy!

Step 4: Shape and Cook

Roll into a snake, cut into 8 equal balls, roll and top with egg using a brush

Cook for 20 - 25 minute

Step 5: Pull

Using an oven mitt, pull out and cool.

Step 6: Enjoy



Scan this QR code with your phone for an instructional video on how to make this recipe.

Kitchen Safety Tips: Always make sure nothing is in the oven before turning on. Remember to use an oven mitt and turn off when done. Let others know there is a hot surface

FOR A VIDEO ON MAKING DOUGH, go to Easy Eats for Every1 YouTube