

Yoghurt Pizza Bases – Kids Cooking Activity

Ingredients

Base:

- ½ cup self raising flour
- 1/3 cup natural yoghurt
- Extra flour (for dusting)

Topping options:

- Tomato paste
- Shredded chicken
- Lean ham
- Cherry tomatoes
- Capsicum
- Mushrooms
- Olives
- Baby spinach
- Broccoli
- Pineapple
- Shredded mozzarella cheese

Serves: 1

Prep Time: 15 mins

Cook Time: 20 mins



Method

1. Preheat oven to 200°C. Line a baking tray with baking paper.
2. Prepare toppings for pizzas and place in fridge.
3. In a bowl combine the self raising flour and natural yoghurt. Bring together to form a ball of dough.
4. Sprinkle some flour onto a clean surface and knead the dough until smooth – approx. 5 minutes.
5. Push dough out with fingers or roll out into a round pizza base and place on the prepared baking tray. Spread tomato paste over the base and add desired toppings.
6. Cook the pizza for approx. 20 minutes or until the dough has cooked through and the topping is golden brown.
7. Slice into wedges and serve!

Recipe activity notes:

This is a great recipe to make with children for a cooking experience. Make sure that they are given and follow food safety and knife safety instructions. The flour can be messy, so run this activity in an area that can be swept afterwards. Encourage children to add a vegetable to their pizza!