

Spinach yoghurt dough

Recipe adapted from Kidgredients.com.au

Traffic light category: **Green**

Serves: 18 scrolls or 24 stars

Ingredients

- 1 cup reduced fat plain Greek yoghurt
- ¾ cup wholemeal self raising flour
- 1¼ cups white self raising flour
- 250g box frozen spinach, thawed and well drained

Method

1. Combine all ingredients in a large bowl
2. Mix with a spoon and then knead until it resembles scone dough, if the dough is sticky work in more flour with your hands
3. Tip dough onto a floured surface, roll out to desired shape



Christmas stars

1. Roll dough into a large rectangle
2. Sprinkle with reduced fat grated cheese
3. Use a cookie cutter to cut shapes from dough
4. Place on baking tray lined with greaseproof paper, place a slice of cherry tomato onto each shape
5. Bake for 10 minutes or until golden brown.

Festive scrolls

1. Roll dough into a long rectangle, cut into two squares
2. Sprinkle each square with reduced fat grated cheese and finely diced green and red capsicum
3. Roll dough into a sausage shape, cut into 6 pieces, place onto a lined baking tray
4. Bake for 15 minutes or until golden brown.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	855kJ	739kJ
Protein	8.9g	7.7g
Total fat	1.8g	1.6g
Saturated fat	0.77g	0.6g
Carbohydrate	35.9g	31.1g
Sugars	4.6g	4.0g
Dietary fibre	4.7g	4.0g
Sodium	397mg	343mg



- The thinner the dough, the crisper it will be
- Dough can also be used for mini pizza bases

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