



# Whole Wheat Yogurt Rolls



Recipe from FoodHero.org

## Ingredients



- 1 1/2 cups whole wheat flour
- 1 3/4 tsp baking soda
- 1 tsp salt
- 1 1/4 cups low-fat plain yogurt

Yield: 10 rolls  
Serving Size: 1 roll



## Directions



1. Preheat oven to 450 degrees F.
2. Stir flour, baking soda, and salt together in a large bowl. Add yogurt to the center and stir until a dough forms.
3. Divide dough into 10 equal sized balls. Dust hands with flour and roll each ball lightly until surface is smoothed.
4. Place on baking sheet and flatten each ball to 1/2 inch thick.
5. Bake for 10 to 15 minutes, until light golden brown. Serve warm with a soup or salad.

### Estimated Price:

Yield (10 rolls): \$2.46  
Serving Size (1 roll):  
\$0.25

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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# Fast Facts



## Featured Food Groups



Choose **MyPlate.gov**

Grains  
Choose **MyPlate.gov**

Dairy  
Choose **MyPlate.gov**

## Nutrition Facts



| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Serving Size 1 roll (50g)     |                      |
| Servings Per Container 10     |                      |
| Amount Per Serving            |                      |
| <b>Calories 80</b>            | Calories from Fat 10 |
| % Daily Value*                |                      |
| <b>Total Fat 1g</b>           | <b>2%</b>            |
| Saturated Fat 0g              | 0%                   |
| Trans Fat 0g                  |                      |
| <b>Cholesterol 0mg</b>        | <b>0%</b>            |
| <b>Sodium 340mg</b>           | <b>14%</b>           |
| <b>Total Carbohydrate 15g</b> | <b>5%</b>            |
| Dietary Fiber 2g              | 8%                   |
| Sugars 2g                     |                      |
| <b>Protein 4g</b>             |                      |
| Vitamin A 0%                  | Vitamin C 0%         |
| Calcium 10%                   | Iron 4%              |

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Cooking Tips



- Great with some jam to sweeten the roll up!
- Serve with any soup or salad as a great side.

Second Harvest is an equal opportunity provider.



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