

- 1 3/4 tsp baking soda
- 1 tsp salt
- 1 1/4 cups low-fat plain yogurt

Yield: 10 rolls Serving Size: 1 roll



Estimated Price:

Yield (10 rolls): \$2.46

Serving Size (1 roll):

\$0.25

Directions 👖

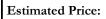
- 1. Preheat oven to 450 degrees F.
- 2. Stir flour, baking soda, and salt together in a large bowl. Add yogurt to the center and stir until a dough forms.
- 3. Divide dough into 10 equal sized balls. Dust hands with flour and roll each ball lightly until surface is smoothed.
- Place on baking sheet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

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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	Fast Facts	
Featured Food Groups 🛛 🛃		Nutrition Facts 💮
Pruits Crains Crains		Nutrition Facts Serving Size 1 roll (50g) Servings Per Container 10 Amount Per Serving
Vegetables Protein		Calories 80 Calories from Fat 10
Dairy		% Daily Value*
		Total Fat 1g 2%
Choose MyPlate .gov		Saturated Fat 0g 0%
Choose MyPlate gor		Trans Fat 0g
		Cholesterol 0mg 0%
Cooking Tips 🚬		Sodium 340mg 14%
		Total Carbohydrate 15g 5%
		Dietary Fiber 2g 8%
_		Sugars 2g
• Great with some jam to sweeten the	roll up!	Protein 4g
		Vitamin A 0% • Vitamin C 0%
• Serve with any soup or salad as a gre	at side	Calcium 10% • Iron 4%
serve whith any soup of salad as a gre		*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

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

% Daily Value*

2%

0%

0%

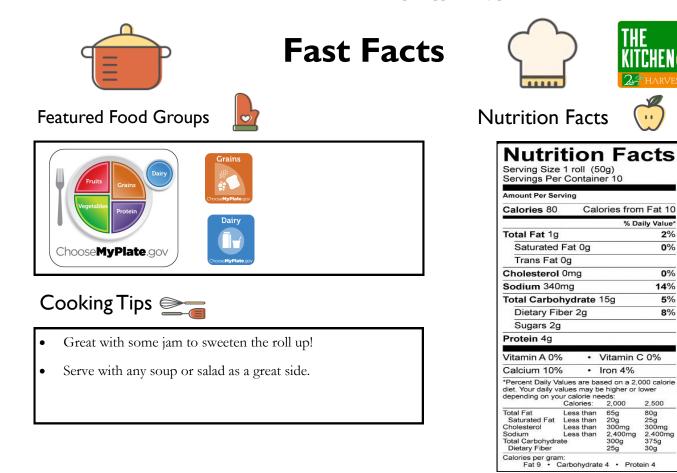
14%

5%

8%

2,500 80g 25g 300mg 2,400m 375g 30g

ng



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