

Equipment

Measuring cups and spoons

Scale

Mixing bowls

Baking tray

Ingredients

1/4 cup diced onion

1/2 cup grated cheese

3/4 cup Greek yoghurt

1 cup self-raising flour

4 Ingredient Cheese and Onion Rolls

Method Oven 220c

1. Dice and fry onion. Leave to cool
2. Mix the yoghurt and self-raising flour (sift it in) until it forms a dough
3. Place dough on a chopping board, knead and divide into 4 parts
4. Knead in cold onion
5. Transfer to baking dish, lined with baking paper.
6. Add cheese to the top
7. Bake in oven for 15 mins until golden brown.

Toppings:- cucumber, carrot & cream cheese,

Cucumber, avocado & sprouts

Avocado & egg

(Pre-cooked bacon can be added to the top too)

