



Air-Fryer Apricot Pinwheels



1/4 of recipe (2 pinwheels): 122 calories, 1g total fat (<0.5g sat. fat), 212mg sodium, 23.5g carbs, <0.5g fiber, 11.5g sugars, 3.5g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

- 1/2 cup self-rising flour
- 1/2 cup fat-free vanilla Greek yogurt
- 1 tbsp. light butter
- 2 tbsp. low-sugar apricot preserves
- 1/4 tsp. cinnamon
- 3 tbsp. powdered sugar
- 1 1/2 tsp. unsweetened vanilla almond milk

Directions

In a large bowl, mix flour with yogurt until dough forms.

Roll out dough into a large rectangle, about 7"x5" inches and 1/4-inch thick. Spread butter and apricot preserves onto the dough, leaving a 1/2-inch border. Top with cinnamon.

Tightly roll up the dough lengthwise into a log, and pinch the seam to seal. Turn long seam side down, and cut into 8 rolls.

Spray an air fryer with nonstick spray. Place rolls in the air fryer, and spray with nonstick spray.

Set air fryer to 360°F. Cook until light golden brown and cooked through, about 10 minutes.

In a small bowl, mix sugar with milk until uniform. Drizzle over rolls.

MAKES 4 SERVINGS

HG Dough Tip: To prevent sticking, lightly dust your hands and work surface with flour and refrigerate dough for at least 5 minutes. It's even easier to work with if you make the dough a day or two in advance.

Oven Alternative: Bake at 385°F for 13–15 minutes, until light golden brown.

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