



Air-Fryer Crispy Cheese Bites



1/6th of recipe (1 cheese bite): 82 calories, 4g total fat (2g sat. fat), 189mg sodium, 4g carbs, 0.5g fiber, 0g sugars, 7g protein

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Prep: 5 minutes **Cook:** 10 minutes



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Ingredients

1 tbsp. flour
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
3/4 oz. (about 7) flavored tortilla chips, crushed
6 pieces Mini Babybel Light cheese

Directions

Place flour, egg whites/substitute, and crushed chips in 3 separate small bowls.

Coat one cheese piece in flour. Add to the bowl of egg whites/substitute, and gently shake to remove excess egg. Coat with crushed chips. Repeat with remaining ingredients.

Place coated cheese pieces in the air fryer in a single layer. Set air fryer to 375 degrees (or nearest degree). Cook until golden brown, about 7 minutes.

MAKES 6 SERVINGS

HG FYI: We used all-purpose white flour and tortilla chips, but feel free to use whatever flour and chips you have on hand!

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